Hubbard High School Swim unit Fresh and Sophs

**Objectives**: First three levels of red cross learn to swim

**Learn-to-Swim Level 1** is designed to orient participants to the aquatic environment and to help them gain basic aquatic skills. In addition, participants start learning about how to be safe around water.

**Learn-to-Swim Level 2** builds on the basic aquatic skills and water safety skills and concepts learned in Level 1. Participants begin to perform skills at a slightly more advanced level and begin gaining rudimentary propulsive skills on both the front and the back. This level marks the beginning of independent aquatic locomotion skills

**Learn-to-Swim Level 3** builds on the skills learned in Levels 1 and 2. Participants learn to swim the front crawl and elementary backstroke at rudimentary proficiency levels, and are introduced to the scissors and dolphin kicks. Participants learn the survival float and increase the time duration for treading water. Participants also learn the rules for headfirst entries and begin to learn to enter the water headfirst from a seated position at poolside (if the water is 9 feet deep or deeper). On successful completion of Level 3, participants have achieved basic water competency in a pool environment

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| --- | --- | --- | --- | --- |
| Day 1Go over water safety and rules.Get students in water. | Day 2Ladder entryPre-test to check swimming levels of students. | Day 3Bobbing in water Front glide and recovery | Day 4Front glide reviewBack glide and recovery | Day 5Free Swim  |
| Day 6Alternating and simultaneous leg and arm actions on front | Day 7Alternating and simultaneous leg and arm actions on back | Day 8Combine arm and leg actions front and back | Day 9Learn to swim level 1 test | Day 10Test continueFree swim |
| Day11 Front float And recovery | Day 12Back float and recovery | Day 13Rolling from back to front and float review | Day 14Arm and leg movements front crawl | Day 15Arm and leg movements back crawl |
| Day 16Tread water | Day 17Level 2 test | Day 18 Entering water by jumping feet first from sideChest deep water | Day 19Front crawl with rotary breathing | Day 20 Back crawl Flutter kicking |
| Day 21Elementary back stroke | Day 22Review strokes | Day 23 Tread water and floating in deep water | Day 24Head first entries from side in sitting or kneeling position | Day 25Level 3 test |

**Vocab**

Front crawl

Back crawl

Side stroke

Back stroke

Elementary back stroke

Lifeguard

Lanes

Life jacket

Kickboard

Front glide

Back glide

Streamline

Dive

Treading water

**Essential Questions**

What are the benefits of swimming as a exercise?

**Swim tests**

Level 1-

1. Enter independently, using either the ladder, steps or side, travel 5 yards, bob 3 times than safely exit the water. (Participants can walk, move along the gutter or swim)
2. Glide on front at least two body lengths, roll to a back float for 3 seconds and recover to a vertical position. (this part can be done with support)

Level 2-

1. Step from side into chest deep water, move into a front float for 5 seconds, roll to back, float for 5 seconds than return to vertical position
2. Move into a back float for 5 seconds, roll to front than recover to a vertical position.
3. Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to the front than continue for 5 body lengths. ( you can assist the participant when taking a breath)

Level 3-

1. Jump into deep water from side, swim front crawl for 15 yards, maintain position by treading or floating for 30 seconds and swim elementary backstroke for 15 yards

**Swimming Handout Skills**

**a. Swimming Strokes**

i. Front Crawl(1)

1. Superman position

2. Make Spear with Arm

3. Spear the fish

4. Pull Arm in S and to mid leg

5. High Elbow

6. Kick with only heel over water

ii. Back Crawl(2)

1. Stiff body lying on back

2. Raise hand like in classroom

3. Graze the ear

4. Thumb out of water, Pinkie in Water

iii. Butterfly(3)

1. Explode out of back

2. Thumb to thigh

3. Puppet Elbows being pulled up

4. Catch Water

5. 2 Explosive Kicks

6. Lead with head

iv. Side Stroke(4)

1. Head on Arm

2. Listen to Water

3. Grab a leaf put it in pocket4. Rest Arm on Leg, Torpedo Glide

5. Scissor Split Kicks

6. Count 3 Seconds on Torpedo Glide

v. Breast Stroke(5)

1. Make Arch in Back

2. Eyes Straight

3. Draw Half Heart with Hand

4. Kick Your Buttocks

5. Lift Chin for Breathvi. Supine Floating

1. Place back of head in water

2. Place body horizontal from floor

3. Eyes looking at ceiling

4. Limit movement

5. arch back

6. arms over head

viii. Prone floating

 1. Place face in the water

 2. place body horizontal from floor

 3. arms out to the side (T position)

 4. Take a deep breath lay still

 Viiii. Treading water

1. With one hand on the side of the pool, the other hand will be finning the water in a figure 8 position.
2. With one hand on the wall, and one hand finning, add the egg beater kick.
3. Both hands off the wall. Both hands finning and legs kicking.
4. Keep your chin at the surface of the water.

X. Streamline Position (front and back)

1. Hands over head one over the other
2. Lay horizontal to floor
3. Move through the water like superman.

Safety Rules

~ ALWAYS follow the rules and teachers instruction

~ Swim with a buddy

~ NEVER swim alone

~ Enter the pool feet first, unless instructed to do otherwise

~ NEVER dive into an unknown or unmarked area

~ Swim in areas supervised by a lifeguard

~ Always walk around the pool area

~ NEVER use the pool as a restroom

~ Do not drink or eat while swimming because you could choke or contaminate the water

~ Do not swim when there is bad weather

~ Do not push or shove each other

~ ABSOLUTELY NO HORSEPLAY

“The water is your friend. You don’t have to fight with water, just share the same spirit as the water, and it will help you move.”

- Aleksandr Popov

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Instructions: Please analyze how your partner interacted with you during the lesson

**Partner Assessment**

Was my partner positive?

Did my partner encourage me?

Was my partner respectful?

Did my partner correct me?

Did my partner fool around?

Was my partner safe?

**Short Swimming Research Paper**

Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Period:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Directions: You have 2 choices, you may either research a current famous Olympic swimmer, or you may discuss the benefits of swimming on your body as a fitness activity and why it is important to know how to swim. You may use the internet, library, or any other credible source for information. This has to be 2-3 pages in length double spaces, 12 point font Times New Roman.

 Below is the Scoring Rubric for this paper.

20 points- 5 points correct format

 5 points 3 sources cited in the paper and referenced at the end

 5 points well developed paragraphs and good grammar

 5 points creativity and originality

\*You can receive extra credit by going above and beyond what is expected. Please be creative make it interesting!

**Swimming Quiz**

Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Period: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Directions: Answer the following questions to the best of your ability by yourself using the knowledge you have gained thus far during the swimming unit.

1. Who is the person in charge of safety in the Pool?

2. What is the number one rule when you are going to enter the water?

3. Entering the pool without teacher’s permission is okay? TRUE or False

4. What type of kick is used for the breaststroke?

5. Name 3 safety considerations at a pool or body of water?

6. What are 2 competitive strokes?

7. What are 2 skills you could use if you were struggling in the water?

8. Describe one skill that you feel you need to work on.

9. Running around the pool area is prohibited at all times because the ground is slick from the pool water? True or False

10. Which type of kick is used when swimming the backstroke and the freestyle?

\*Cognitive assessment