

Unit 5: Breathing confidence, head first entry technique, survival - personal skills

**LEARNING  
OUTCOMES**

**The student will :**

- *develop entry techniques*
- *demonstrate efficient breathing technique*
- *demonstrate ability to recover objects from the bottom of the pool.*

**EQUIPMENT**

*Coloured objects, floats*

**CLASS ORGANISATION**

STAGE	CONCEPT	CONTENT / ACTIVITY	TEACHING POINTS
Warm up	Water confidence Co-operation	Retrieval of coloured objects to four corner points in shallow end.	Students spread out over the given area. Several coloured objects are on floor of pool. On whistle, each team retrieves its own coloured objects and takes them to its corner.
Development	Stroke improvement           Entry   Water Safety	<p>L1: Breathing practice in crouch position See-saw with partner Walking, pushing float with forehead</p> <p>L2: Prone kick at side of pool to practice breathing  Kicking with float across pool  Swimming under partner's leg ( shark game)  Back crawl. Leg kick only</p> <p>L3: Front crawl breathing exercise</p> <p>L1: Crouch dive. L2: Standing dive. L3: Standing dive/straddle jump.</p> <p>L1: Treading water within their depth. Touch toes • Hand stand</p> <ul style="list-style-type: none"> <li>• Feet first surface dive</li> </ul> <p>L2: Treading water</p> <ul style="list-style-type: none"> <li>• Touch toes</li> <li>• Hand stands</li> <li>• Feet first surface dive</li> <li>• Head first surface dive</li> </ul> <p>L3: As above. Treading water with additional activities interspersed in the 'set time'. Retrieval of objects.</p>	<p>See front crawl resource material. Intake on count of 1. Submerge face - on count of 2,3, blow bubbles. Hold partner's hands. Alternate submerging. Prone kick - breathing to the side, ear in the water.</p> <p>Side of face in water to breathe. Clear nose and mouth out of water. Breath every 4 seconds.</p> <ul style="list-style-type: none"> <li>• One arm on float, other arm by side.</li> <li>• One arm on float, other arm pulling.</li> </ul> <p>• Breathing every 2 - 4 strokes. Bi-lateral breathing every 3 - 5 strokes.</p> <p>• With partner, synchronise the stroke across width of pool.</p> <p>Straight arm entry, little finger leads.</p> <p>Feet off bottom for 5 seconds. Arms move in a 'clean the table' motion. Hand stand important as preamble to successful surface dive.</p> <p>Bring arms up straight by your ears. Sink body down: sit, kneel, lie on bottom.</p> <p>In depth Just out of depth beside the wall.</p> <p>Timed 'treading water' - 1 min, 2 mins Include hand waves, surface dives, turn to right/left. Surface dive feet first, head first.</p>
Cool down		Importance of cool down. 4 slow widths.	Stress importance of cool down: • Heart • Muscle