

Unit 1: Floatation

**LEARNING
OUTCOMES****The student will:**

- *experience methods of floatation through a series of activities*
- *learn the principles of floatation*
- *will show an awareness that correct body action contributes to improved floatation through the activities.*

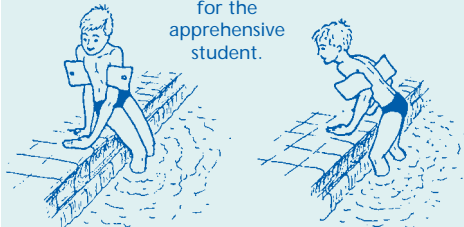
EQUIPMENT

Floats, clothes, floatation objects.

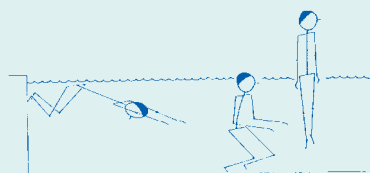
ENTRIES

- *Ways to enter pool and stay head up in water*
- *Slip in*
- *Twist and slip in (swivel entry)*
- *Straddle entry*

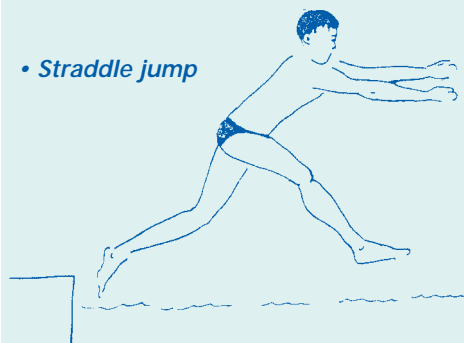
A swivel entry for the apprehensive student.



- *Entries within pool side*



- *Straddle jump*

**STROKE**

- *Breathing head position will influence floating look up legs sink, look to side*
- *Push 'n glide using float (note distance)*
- *Push 'n glide without float*
- *Push 'n glide off wall on back (note distance)*
- *Float — fill up lungs with air*
- *Float empty lungs (note difference)*
- *Mushroom float*
- *Vertical float - what happens? Kick flutter (water can be used as resistance)*
- *Treading water*
- *Sculling - head first, feet first, stationary*
- *'Sit' on bottom*
- *Lie on bottom - front and back*
- *Vertical breast stroke arm action especially useful for resistance training (legs off bottom in a cross legged position)*
- *Float and make the shapes X, I, Y, T*
- *Cross pool arms only (front crawl and back crawl)*
- *Repeat with leg action, note floatation effect*

GAMES

- *Floatation aids*
 - *how is it best to hold aid?*
 - *what will keep you up?*
 - balls
 - floats
 - ring buoys
 - can buoys
 - pull buoys
 - tubes
 - empty plastic containers
 - *adapt to relay race game*
- *Game of floating tag - one identified catcher when caught must float (hold side if unable) to release, surface dive under*
- *Floatation circle - go prone to supine to prone (use of floats if people unable to float)*
- *Holding breath - how long can you float & hold breath in floating position*
- *Jellyfish float - go into "mushroom float" and then release arms*
- *What letters can you make with your body and still float*
- *Using your body, make a series of shapes X, I, Y, T,*

SAFETY

- *If unable to float – due to bone and muscle density – use mushroom float*
- *Try to maintain "mushroom float" on bottom*
- *Recap on H.E.L.P. position must use a buoyancy aid*
- **Use clothes to make aid**
 - **Shirt**
Take off the shirt.
Tie a knot in each sleeve.
Tie top button around neck backwards.
Lift ends, hold behind back and bang down to gather air.
 - **Trousers**
Take off trousers and tie a knot at the end of each leg.
Gather the waist and blow into it to fill with air.
Or gather waist and bang down into water.