

Unit 2: Streamlining

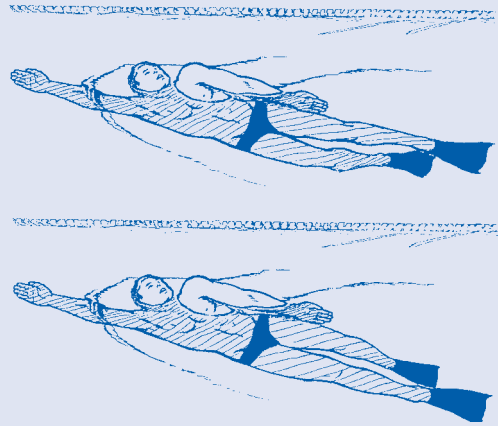
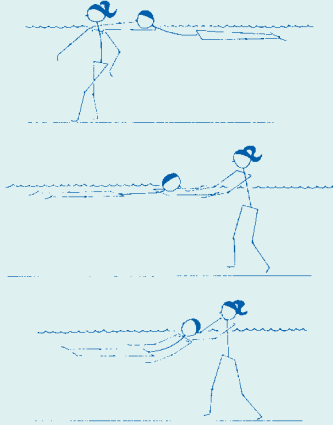

**LEARNING
OUTCOMES**

The student will:

- explore streamline and non-streamlined movement in water through a series of activities.

EQUIPMENT

Floats, water polo ball, clothes.

ENTRIES	STROKE	GAMES	SAFETY
<p>Jumps</p> <ul style="list-style-type: none"> • Enter water with big splash/ with little splash • Shapes in the air. Enter with or without streamline position • Dives – sitting, kneeling, standing <p>Entries/Turns</p> <ul style="list-style-type: none"> • Streamline push off for back crawl <ul style="list-style-type: none"> • Streamline & somersault <ul style="list-style-type: none"> • Freestyle to backstroke turn 	<ol style="list-style-type: none"> 1. Push & glide in a prone position. 2. Push, glide, kick, breathing effectively to either side. 3. Explore front crawl kick only with: <ul style="list-style-type: none"> – legs well apart – legs together 4. Breast stroke leg kick. Emphasise on glide phase (see Breast Stroke card) 5. Breast stroke arm action with front crawl leg action. 6. Push glide; kick back crawl <ul style="list-style-type: none"> – legs together – legs apart 7. Back crawl leg action while rolling shoulders alternatively. 8. Back crawl push, glide kick, arms stretches over head. 9. Back crawl leg kick with float <ul style="list-style-type: none"> – at chest – behind head – close in at each side 10. One arm streamline kick. (see below) 	<ul style="list-style-type: none"> • Swimming in clothes (baggy shorts etc) • Swimming outside the body line • Water polo dribbling with attention to streamlined movements • Push & glide under water (note distance gained) • Push, glide under water with <ul style="list-style-type: none"> – arms streamlined – arms outstretched • Sculling – feet first – head first • Towing in the shallow end • Silent swimming competition • Cross pool using four different streamline positions • Repeat above, matching with partner  <ul style="list-style-type: none"> • Partner <ul style="list-style-type: none"> – play with streamline – non-streamlined positions Use of aid, essential • Assisted tow  	<ul style="list-style-type: none"> • Talk rescue • Subject in apparent difficulty • Rescuer lies prone on bank <ul style="list-style-type: none"> – reassures, talks subject to the side – encourages effective and efficient swimming • Swimming in clothes • To identify difficulties in streamlining <ul style="list-style-type: none"> – drag – tiredness.