

# AQUATICS

## TOPICS AND LEARNING OUTCOMES

### **Area of study 2: Aquatics**

Aquatics has a unique place in a balanced physical education programme. It provides students with a water-based learning experience through participation in a range of structured activities. It provides opportunities for the personal, physical, and social development of each student in a safe, enjoyable environment. There is an emphasis on the student's movement in the water, either by means of identifiable strokes or combinations/adaptations thereof. The student's understanding of personal safety and life saving in the aquatic environment is also addressed.

Aquatics seeks to develop in the student:

- confidence in the water
- competence in, and an understanding of, basic water safety and life-saving skills and an ability to make decisions having assessed hazards which relate to water activities
- an awareness of the value of aquatics as a fitness-promoting activity.

## TOPICS

<p><b>Entry</b></p>	<ul style="list-style-type: none"> <li>• safe entry</li> <li>• feet first (assisted)</li> <li>• from sitting</li> <li>• step, jumps</li> <li>• head first</li> <li>• turns and starts</li> </ul>
<p><b>Movement in water</b></p>	<ul style="list-style-type: none"> <li>• travelling - walking, glide</li> <li>• propulsion - front and back, kicking, sculling</li> <li>• stroke - arm action, kick, breathing (front and back)</li> <li>• synchronised</li> <li>• games</li> </ul>
<p><b>Aqua fitness</b></p>	<ul style="list-style-type: none"> <li>• warm up - pulse raisers, flexibility</li> <li>• aerobic activity</li> <li>• local muscular endurance</li> <li>• simple circuits</li> </ul>
<p><b>Water safety</b></p>	<ul style="list-style-type: none"> <li>• personal             <ul style="list-style-type: none"> <li>– rules</li> <li>– skills - treading water, staying afloat, signalling for help</li> </ul> </li> <li>• rescue             <ul style="list-style-type: none"> <li>– rules and procedure</li> <li>– talk rescue</li> <li>– reach and throw rescue</li> </ul> </li> </ul>

## LEARNING OUTCOMES

**On completion of this area of study, students should be able to**

- **participate in a variety of simple water games, and swim, competently and safely, on front and back**
- **perform at least one swimming stroke competently and safely**
- **select and perform appropriate water entry methods**
- **perform basic personal survival skills**
- **demonstrate a knowledge of elementary principles of land based rescue**
- **display an understanding of the benefits of swimming as an aerobic exercise**
- **co-operate with others in the learning environment.**