

Year 9 Swimming - How can we maximize the efficiency of your movements in the water to excel in swimming?

To develop their understanding of the importance of timing within the strokes



Being able to swim effectively allows you to conserve energy to prevent exhaustion. It also allows you to explore water safety, gradually gaining independence and confidence while learning vital life skills.

Anyone can take part in swimming due to the buoyancy of the water, as 90% of an individual's body weight is supported by the water, enabling individuals maximum range of motion when swimming. Water buoyancy is known to eliminate all joint stress during water-based exercises, making it an ideal sport because there is marginal impact, unlike ground exercise.

- Wider experiences and opportunities:**
- All students are invited to Swimming practice
 - Students may be invited to compete in Swimming Galas
- Transferable skills:**
- Diving
 - Water polo
 - Underwater hockey
 - Synchronised swimming
 - Scuba diving

- Lifesaving skills:**
- To respond to challenging situations
 - Perform a feet first surface dive
 - How to land and resuscitate a victim
 - Understand how to treat the victim

• **Scoring:**
This table lists general ratings for the Wall Toss Test, based on the score of the number of successful catches in a 30 second period.

Rating	Score (in 30 seconds)
Excellent	> 35
Good	30 - 35
Average	20 - 29
Fair	15 - 19
Poor	< 15

Fitness Component	Training Method	Testing Method
Co-ordination- The ability to use parts of the body together to move smoothly and accurately.	Pilates- Is a form of exercise which concentrates on strengthening the body with an emphasis on core strength Yoga- combine physical postures, breathing techniques, and meditation or relaxation	Alternate Hand Wall- A test of hand-eye coordination, where the participant throw a ball against a wall from one hand in an underarm action, and attempt to catch it with the opposite hand.

Butterfly

Body:

- Moves in a undulating action from the head through tot toes

Legs:

- Legs are close together with ankles relaxed and toes pointed inwards
- Kick from the hips with a slight bend in the knees

Arms:

- Key whole shape or dive, diamond, eagle.

Breathing:

- Head rises as hand push back to hips (Eagle)

Timing:

- Two kicks per one arm pull (Kick hands in and out of the water)

Year 9 Swimming - How can we maximize the efficiency of your movements in the water to excel in swimming?

Front Crawl

About it: The most efficient and quickest of all strokes as well as being the most commonly used in freestyle event which range from 25 metres to 1500 metres.

Body:

- Prone, horizontal and streamlined
- Water level at hairline
- Eyes focus forward and down
- Body rolls

Legs:

- Kick from the hip with pointed toes
- Heels break the water surface
- Relax ankles
- 35-40cm deep kick with a 2-6 beat rhythm

Arms:

- Enter fingers – wrist – elbow
- Extend to full and stretch under the water
- Elbow leaves water first to recover

Breathing:

- Face turns sideways out of the water
- Breathe in when face is out
- Return face as arm re-enters the water
- Blow out in the water

Timing:

- Simultaneous leg and arm action



The Skills

Back Crawl

About it: Is the fastest stroke and the only one of the swimming strokes swum on the back.

Body:

- Flat, supine, streamlined and horizontal
- No snaking
- Body rolls
- Still head position
- Back of head in the water 45 degree

Legs:

- Pointed toes - 'make toes splash'
- Kick from the hip keeping legs together
- Relaxed ankles

Arms:

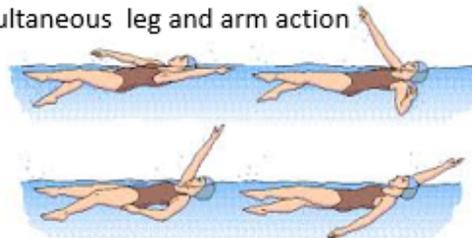
- Windmill action
- Thumb exits the water
- Little finger enters the water
- Shoulder brushes ear

Breathing:

- Inhale on one arm and exhale on the other
- Smooth breathing action

Timing:

- Simultaneous leg and arm action



Breast Stroke

About it: The most popular recreational style of all strokes however it is the most complicated due to the alternated legs and arms

Body:

- Hold a streamlined position – glide phase
- Water level at hairline – still head
- Shoulder lift up on recovery
- Keep legs high up in the water

Legs:

- Knees – toes – out – close
- Draw heels to bum
- Turn heels out
- Kick back hard
- Squeeze and hold

Arms:

- Long stretch – thumbs together
- Small scoops/circle - high elbows

Breathing:

- Breathe in as the head lifts on the arm pull
- Breath out in the water on the glide

Timing:

- Alternating leg and arm action

