

# 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 respond to a casualty
  - Rescue techniques; Talk, Reach, Throw, Pull, Non—contact Tow and Contact Tow.
  - Understand how to treat the casualty

• **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
<b>Co-ordination-</b> The ability to use parts of the body together to move smoothly and accurately.	<b>Pilates-</b> Is a form of exercise which concentrates on strengthening the body with an emphasis on core strength <b>Yoga-</b> combine physical postures, breathing techniques, and meditation or relaxation	<b>Alternate Hand Wall-</b> 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)

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## 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:

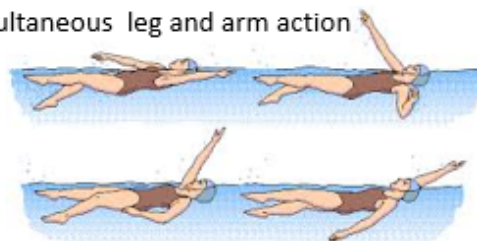
- Windmill action
- Thumb exits the water
- Little finger enters the water
- Shoulder brushes ear

### 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

