

# Year 7 Swimming - How do we embed skills to swim successfully in Swimming?



## The Basics

To develop their understanding and knowledge of the basic strokes in swimming

### Importance of swimming

Swimming is known to be one of the only sports which provides people with a life skill, it also has many health benefits.

Swimming is a sport that involves an individual to use their arms and legs in order to create movement to propel through water.

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.

### Sitting Dive



### Transferable skills:

- Diving
- Water polo
- Underwater hockey
- Synchronised swimming
- Scuba diving

### Wider experiences and opportunities:

- All students are invited to Swimming practice
- Students may be invited to compete in Swimming Galas

Goggles



Kick Board



Woggle/Noodle



Underweight	Less than 18.5
Desirable	18.5 - 24.9
Overweight	25.0 - 29.9

Fitness Component	Training Method	Testing Method
Body Composition: Is the percentages of fat, bone, water and muscle in human bodies.	<p>Continuous training: This is training at a steady pace and moderate intensity for a minimum period of 30 minutes.</p> <p>Fartlek training: This is where the intensity of training is varied by running at different speeds or over different terrain. The training is continuous with no rest period.</p>	<p>Body Mass Index</p> $BMI = \frac{\text{mass(kg)}}{(\text{height(m)})^2}$

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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:

- Horizontal, prone 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

