

Intermediate Swimming Lesson 4

Lesson Summary

Learning Intentions

1. Perform a tuck float for 5 seconds
2. Attempt to perform a surface dive
3. Pick up an object off the bottom of the pool

Skill Development Surface dive

Success Criteria

1. I can tuck float for 5 seconds
2. I can touch the bottom of the pool with my hands
3. I can pick up objects off the bottom of the pool

We are Learning...

to tuck, float and collect objects from the bottom of the pool.

Curriculum Links

L Describe what their body must do differently to float and submerge

N Float and count for 5 seconds and estimate time

NC Develop skills further to submerge and pick-up objects

Equipment

- Floats
- Weighted objects to collect
- Hoops

Key Questions

1. How can extending and straightening your body help you reach the bottom of the pool?
2. Why should we outstretch our arms when attempting to reach the bottom of the pool?
3. Can you suggest any water-based activities in which you might be able to use a surface dive?

Tuck Float



Teaching Points

✓ Tuck Float

1. Pull knees to chest and wrap arms around legs.
2. Take a deep breath and tip forward until the face is in the water.
3. Keep head tucked in, chin to chest, to maintain balance.
4. Stay rounded and compact to enhance buoyancy.
5. Keep muscles relaxed, especially in the back and shoulders, to aid floatation.

Teaching Points

✓ Surface Dive

1. Take 1 or 2 deep breaths.
2. Float on the front face in the water.
3. Bring knees up towards body which should begin to cause the head and body to tip forward.
4. Use breaststroke arms to pull forward and down.
5. Extend the body, so it is facing towards the bottom of the pool in a straight and streamlined position.
6. Keep arms extended in front of the head to avoid hitting the bottom of the pool.

Principles Of Intermediate Swimming

Yicheng Fang



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