

SWIMMING

WHAT IS SWIMMING?

Swimming, one of the most popular sports in the world, requires swimmers to adapt their land-based reference points to an **aquatic environment**. This process provides athletes with the opportunity to learn how to propel themselves through the water and how to transition from a vertical state of equilibrium to a horizontal state of equilibrium in the water. Swimmers must learn to regulate their **breathing** to make the most of their arm and leg movements in the water, whether they are doing the **crawl**, **backstroke**, **breaststroke** or **butterfly**.

▶ Video created by **Bakers** for their YouTube channel: <https://www.youtube.com/watch?v=441BE4xrE4>

EQUIPMENT

 1 water noodle per swimmer

 Kickboards

 Hula hoops

 Floating objects (balloons, balls)

 Submersible objects (rings, weights)

HOW TO MAKE THIS ACTIVITY A SUCCESS



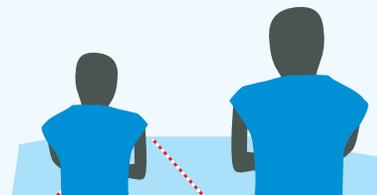
Provide enough **flotation devices** (such as noodles, kickboards and PFDs).



Find out the **comfort level** of the swimmers before entering the water.



Stay well **hydrated**, even if you are in the water.



Work in **pairs** and always stay with your partner (in the workshops, pool area and locker rooms).

THE INTRODUCTORY SESSION

Based on the time you have available, design a session to the skills and preferences of your students. Pay attention to the following pictograms:

 Elementary school level

 High school level

 Outdoors

 No equipment

 Distancing

 Solo

 We strongly suggest that you have your first swimming experience in an **indoor pool** supervised by lifeguards. As a result, this introductory sports program will not include any outdoor activities.

WARM-UP

SHIPWRECK DRILL



EQUIPMENT: 1  per swimmer (optional) + floating and underwater objects

OBJECTIVE: Salvaging, as quickly as possible, the treasure from the shipwreck.

Divide the group into **two teams** and place them on either side of the pool (in the shallow and mid-depth areas). Throw different **floating objects** (such as kickboards, noodles, PFDs, pull-buoys and balls) and **submersible objects** (e.g., small weights, rubber rings and golf balls). At the signal, each team must collect as many objects as possible. The winner will be the team that collects the most objects within **10 minutes**. Identify the types of objects that each swimmer must pick up. Provide **one water noodle** per child, if necessary.



VARIATIONS:

- Put ropes in the pool and instruct your students to go underneath them.
- For the drill, form both hands into a **fork** (hands open, fingers spread) , **fists** (hands closed)  and a **spoon** (hands open, fingers together) .

 For **submersible objects**, locate them before diving for them. Use goggles, if necessary. Breathe out and blow bubbles underwater (to make your descent to the bottom of the pool easier).

TECHNICAL ACTIVITY

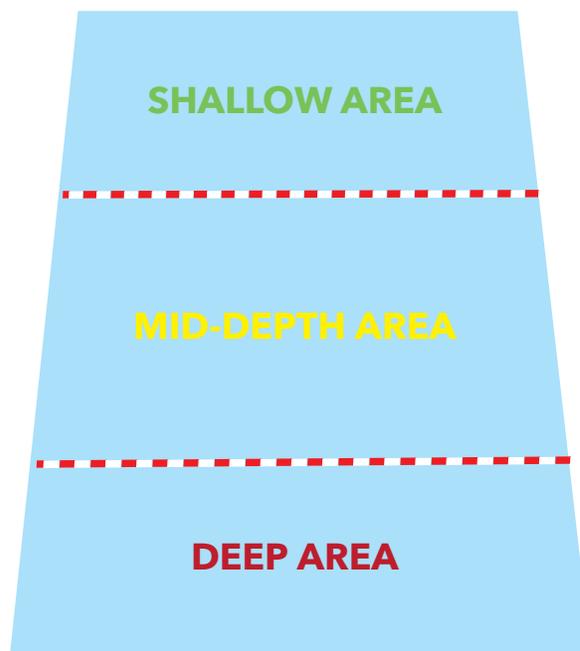
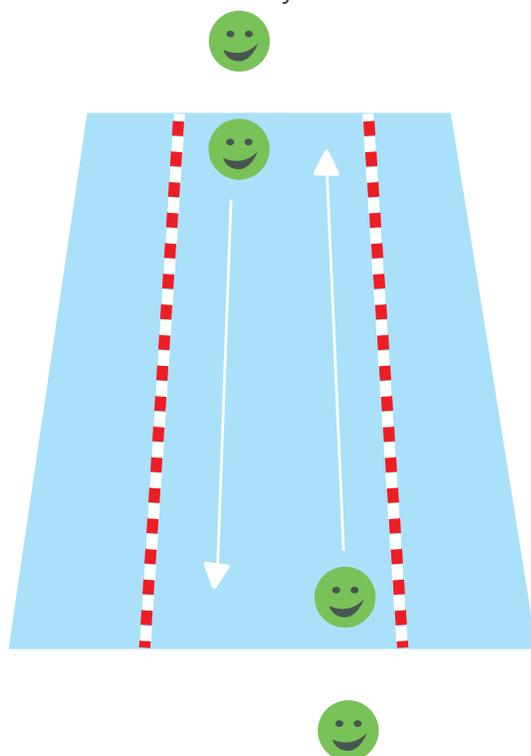
SWIMMING LESSONS



EQUIPMENT: 1 , 1  + 1 plastic cup and  per swimmer

OBJECTIVE: Swimming in the water with your head underwater or above the water.

Set up the pool ropes and assign swimmers to their stations. Here are some examples of how to proceed with this activity:



SWIMMING LESSONS (CONTINUED)

UNDERWATER - Gliding

OBJECTIVE: Travelling quickly and smoothly underwater.

Start in the water, holding onto the wall. **Glide (on the surface)** or **dive (underwater)**. Take turns diving and pushing off the wall of the pool to go as far as possible through the water like a torpedo (with your arms and legs extended). Use a **hula hoop** as a target to get out of the water or try to reach the other side of the pool underwater (using your arms only).

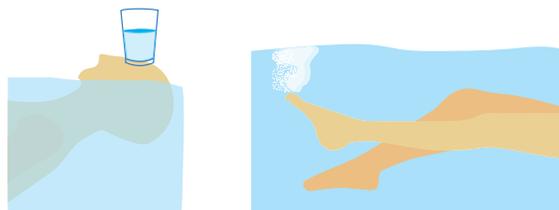


 Make **bubbles** with your nose as you exhale for long stretches underwater. Do not hold your breath.

BALANCE DRILL - Backstroke

OBJECTIVE: Learning the relaxed posture for the backstroke.

In one lane, swim slowly on your back with a **half-full cup** on your forehead without spilling it. Breathe without holding your breath.

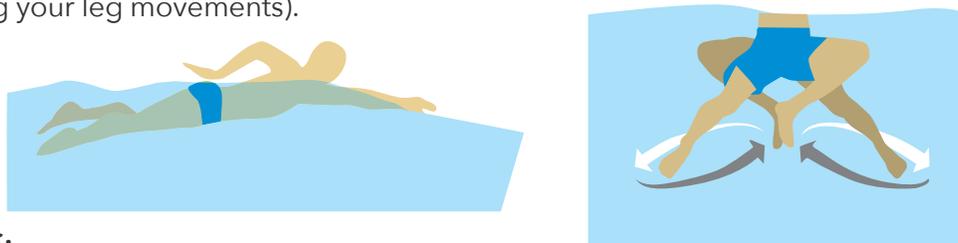


 When swimming on your back, keep your **head steady** while kicking with your legs. Look at the ceiling to orient yourself and to know when to turn around so you don't hit your head on the edge of the pool.

BACK & FORTH DRILL - Swimming on your stomach and treading water

OBJECTIVES: Swimming smoothly in the water and treading water.

In one lane, swim **two laps** with a **kickboard**. Choose the swimming stroke you prefer before you begin. After every two laps, take a **break** and try **treading water** (swimming on the spot, rotating and/or alternating your leg movements).



VARIATIONS:

- Swim with a **water noodle** or **fins** on **one side**.
- Hold speed **races** with a predetermined swimming style (do it FAST and WELL).



 Review **arm technique** (elbow up in the crawl), **leg kicking** (from the hip, knees extended as if kicking a ball) and **breathing skills**.

SWIMMING LESSONS (CONTINUED)

NOODLE TUG-OF-WAR DRILL - Swimming on your stomach

OBJECTIVE: Kicking as hard as possible while lying on your stomach.

In **pairs**, place yourself in the water, in the **shallow area**, with **one water noodle**. Hold the noodle with **both hands** and try to swim hard enough to make your partner move backwards. Keep your **head** above the water or underwater to make bubbles.



THE DOLPHIN KICK DRILL - Undulatory swimming

OBJECTIVE: Travelling through the water by undulating your body.

In **pairs**, in the shallow area, swim the length of the pool with **as few up-and-down movements as possible**. Imitate a dolphin: start with your feet below the surface, dive, glide and start again. No kicking. Swim as far as possible **by undulating your body**. **Race** your partner, if you prefer.



FINAL ACTIVITY

SWIM-A-THON



EQUIPMENT: 1  or 1  per team

OBJECTIVE: Travelling the greatest distance with a relay baton (as a team).

Assign each **team of four** to a lane and choose a **relay baton** ( ,  or other). Take turns to complete the **greatest number of laps**. Count the number of laps completed by each team within **five or 10 minutes**.



 Try the most common swimming strokes. For the front crawl, try to include rhythmic breathing or keeping your head above water. Keep your arms and legs moving smoothly

Crawl



Backstroke



For more information on the **swimming** leagues in your area, visit the RSEQ website.

RSEQ.CA

*The RSEQ is not responsible for the content shown on any of the linked sites.