

Unit 2: Entry, propulsion, rescue

**LEARNING
OUTCOMES**

The student will :

- *experience different ways of entering the water feet first*
- *demonstrate push, glide and kick techniques*
- *participate in aqua fit exercises with emphasis on C.V. development*
- *learn a method of talk rescue.*

EQUIPMENT

Objects for recovery activity, floats.

CLASS ORGANISATION

STAGE	CONCEPT	CONTENT / ACTIVITY	TEACHING POINTS
Warm up	Water confidence Water confidence and co-operative activity	<i>Pool walk across (Full class activity)</i> Variations: Hop, jog, jump <i>All groups together.</i> Retrieval Activity (C.V. Activity) In teams, recover objects from pool floor and return them to team corner. First team to recover 'x' items wins.	Shoulders under water. Hands in front. Mid/shallow section of pool. • <i>Emphasis on importance of warm-up.</i> • <i>Pulse raising nature of warm-up activity.</i> Designate one corner/location for blue team and one for yellow team.
Development	Feet first entries Stroke development	L1: Crouch jump with/without buddy in water L2: Jumps Straight • Tucked • Star L3: Jumps Straight • Tucked • Straddle L1: Revise prone to standing Do supine to standing with/without an aid. Push & glide (using buddy system). Front • Back • Leg kick at wall L2: Push & glide (with/without float) Front crawl • Back crawl L3: Push & glide from side At surface • Under surface using FC and BC leg kick Front crawl • Back crawl Experiment with non-streamlined positions. Introduce sculling.	See resource material. See front crawl resource sheet. Emphasise streamline position. Push and glide. Note distance. Push and glide and take up T or X position in the water. (i.e., taking up a floating position on front or back, make the shape of a T or an X with your body) Stroke cards (see resource material).
Conclusion	Talk rescue	<i>In pairs. A lies on pool side, B in water in apparent difficulty.</i> <i>L3 group may try this rescue in deep water.</i> <i>All levels—demonstration of same.</i>	For subject: • <i>Signal for help making fist shape in the air.</i> • <i>Keep hands in water • Head up • Kick legs</i> For rescuer: • <i>Reassure subject • Talk them to side</i> • <i>Encourage 'victim' to paddle • No body contact</i>
Cool down (optional)		Slow width swim	Choice of stroke.