

Unit 3: Entry , propulsion, pulse taking, non contact rescue

LEARNING OUTCOMES

- The student will :**
- *perform a feet first and/or head first entry*
 - *move through the water on their fronts and backs*
 - *participate in simple C.V. activities and pulse taking*
 - *learn reach and throw rescue.*

EQUIPMENT

Rescue equipment, towels, ropes, poles, clothes, floats, rings.

CLASS ORGANISATION

STAGE	CONCEPT	CONTENT / ACTIVITY	TEACHING POINTS								
Warm up	Water confidence	Statue tag: 'tagged' person must stand or float at point where they were tagged. Released by having others swim between their legs or underneath.	Nominate catchers. Use shallow end.								
Development	<p>Entry techniques</p> <p>Entry: Feet first Head first</p> <p>Stroke development</p> <p>Cardiovascular endurance</p>	<p>L1: Crouch jump with/without float Straight jump with/without float</p> <p>L2: Straight & star jump Sitting and kneeling dive</p> <p>L3: Revise jumps Dives • Sitting • Kneeling • Crouch • Standing</p> <p>L1: Push & glide with/without float (front) Push & glide with/without float (back) Introduce leg action</p> <p>L2: Front Crawl • Back crawl L3: Emphasis on leg action.</p> <p>C.V. Activities Jogging across pool • Walking shoulders under water • Star jump • Tuck jump • Volleyball block • Twist • Object retrieval</p> <p>All levels—Pulse taking, carotid and femoral pulse.</p>	<p>Buddy in water for assistance.</p> <p>See resource material.</p> <p>Emphasise streamlining. See front / back crawl resource material.</p> <div style="text-align: right; margin-right: 20px;"> <table border="1" style="display: inline-table;"> <tr> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> </tr> <tr> <td style="text-align: center;">4</td> <td style="text-align: center;">3</td> <td style="text-align: center;">2</td> <td style="text-align: center;">1</td> </tr> </table> <p style="font-size: small; margin-left: 10px;">Shallow end</p> </div> <p>See Aqua Fit resource material. Emphasise: Increased heart rate. Good posture during exercise.</p> <p>Mention the effect of water on the heart rate. Note effect of different activities on heart.</p>					4	3	2	1
4	3	2	1								
Cool down	Reach Rescue	<p>Walk</p> <div style="text-align: center; margin-bottom: 10px;"> <table style="border: none;"> <tr> <td style="text-align: center;">3</td> <td style="text-align: center;">Level 2</td> <td style="text-align: center;">1</td> <td style="border: none;"></td> </tr> <tr> <td style="border: 1px solid black; width: 100px; height: 40px; text-align: center; font-size: small;">Rescue at varying distances from side</td> <td style="border: none;"></td> <td style="border: none;"></td> <td style="border: none; text-align: center; font-size: small;">Shallow end</td> </tr> </table> </div> <p>PRACTICE SETUP</p>	3	Level 2	1		Rescue at varying distances from side			Shallow end	<p>Rigid objects: Poles • Buoyancy rings • Extended poles with rings • Floats. Choice of object depends on distance.</p> <p>Non rigid objects: Towels • Ropes • Clothes Choice depends on circumstances.</p> <p>N.B.: Maintain safety of rescuer. No contact with subject. Importance of continuous communication with subject. Keep eye contact. Emphasise the importance of personal safety.</p>
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