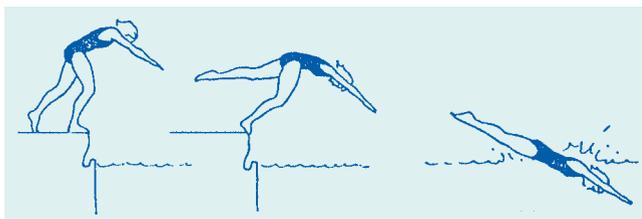
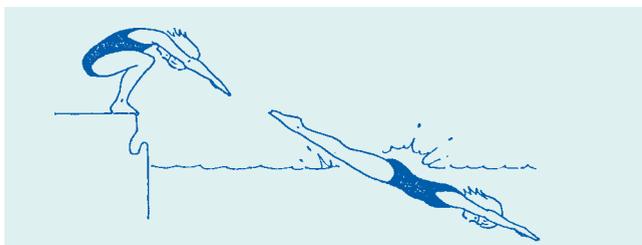


Resource material: Unit 3

**TEACHING POINTS**

These practices should be executed in a minimum of 1.8 metres.

SITTING DIVE - INTRODUCTION

Providing the early confidence practices have been mastered, including a surface dive, it is not generally necessary to use a sitting dive however, some students find this a comfortable and stable starting position. However, the design of the pool might make the starting position difficult to achieve. For a head first entry it is necessary to lift the body weight from the very stable sitting position; some people achieve this by standing on the trough or rail, which may present a slippery base. It is very difficult to perform in a deck level pool where an astride standing position is preferable.

SITTING DIVE - DESCRIPTION

The students sit on the edge of the pool with their feet resting on the rail or trough. The feet and knees may be together or slightly apart. The arms are raised above the head with the hands gripped tightly. The student bends forward and raises the hips to over-balance into the water. The feet should remain in contact with the rail until the body is submerging. It is a roll into the water.

KNEELING DIVE

The same roll into the water may be taken from a kneeling starting position. Many people find this an uncomfortable starting position, particularly where the poolside is rough. A lunge dive is probably a more comfortable option. A kneeling position is taken up with one knee close to the pool edge and the toes of the front foot firmly gripping the edge. The toes of the rear foot are curled under to give a base from which to push. With the arms stretched above the head the body rolls forwards to touch the forward knee. As the body overbalances there is a push from the feet and the body stretches out into a glide position underwater.

CROUCH POSITION

Crouching on the poolside with the feet together and the knees apart, the toes gripping the edge. The arms are extended above the head with the hands clasped together. Bend forward, keeping the head between the arms, overbalance and stretch towards the water. It is a roll into the water with a hip lift to go into the extension. The chin should be on the chest.

LUNGE POSITION

One foot is placed at the edge of the pool with toes gripping the edge. The other foot is stretched behind with the toes just touching the floor. The body is inclined forwards as the back leg lifts like a see-saw. The body overbalances, the lift of the rear leg controls the overbalance and gives a good body line. As the hands reach the water the front leg joins the other leg to give a good entry position. The head must be kept between the arms and the speed of the leg lift controlled. It is a fall into the water.