

### **SURFACE DIVES**

The swimmer may face danger on or under the surface. Submerging head or feet first should be taught. Such skills are also useful for promoting water confidence, retrieval of objects, life saving and fun activities.

#### **SURFACE DIVE, HEAD FIRST: Teaching Points**

- Swim breaststroke at good pace.
- Look down into water.
- Extend arms to an underwater position in advance of the body.
- Strong BS pull to the surface. Pike position with body to an inverted L shape.
- Legs and feet should be together.
- Turn palms downwards and then press arms downwards to an extended position in line with the head. The legs are lifted as the arms press down. They should be held together and reach vertical.
- Submerge head first in a vertical and extended position.

#### **PRACTICES**

- Standing position, touch your toes.
- Standing position, try to jump to a hand stand position.
- Hand stand from push and glide position:
  - head down
  - eyes open
  - lift hips
  - legs straight and together.
- Surface dive through partner's legs or hoop.

#### **In deeper water**

- Swim BS, head up, then surface dive (hand stand action).

#### **SURFACE DIVE, FEET FIRST: Teaching Points**

- Dive made from upright position.
- Make a strong downwards breaststroke kick. Co-ordinate with reaching both arms out of the water. As a result of the kick the body rises out of the water.
- Body is now streamlined and then sinks.
- Tuck forward to swim using large breaststroke arm and leg movements.

#### **PRACTICES**

##### **Shallow End**

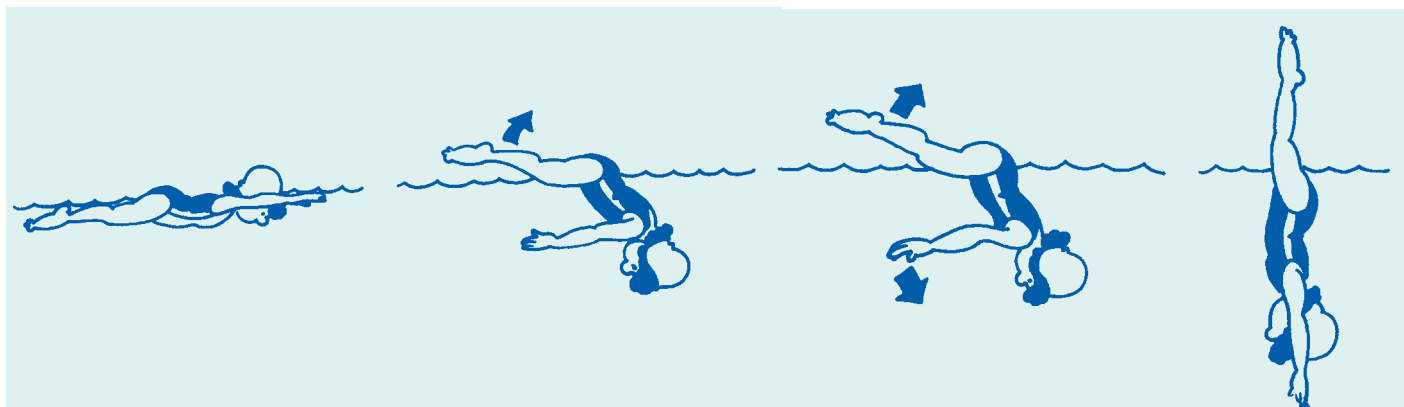
- Jump up and then sit on the floor of the pool.

##### **Shoulder Depth**

- Jump up, raise arms, sink to sit on the floor of the pool, keep arms raised above head.

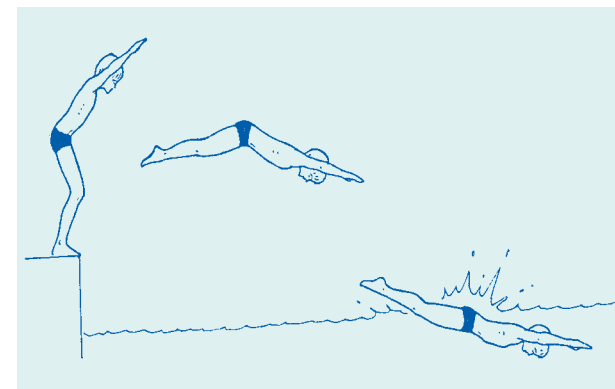
##### **Deep End**

- Tread water, kick legs, kick down hard.
- Repeat, add raised arms and sink feet first.
- Repeat and add tuck/swim forward under water.
- Swim through weighted hoop at end of tuck.



### **STANDING DIVE**

- Feet together on poolside
- Hands above head
- Lean forwards (only a little way)
- Push through legs and hips as the body tips forward
- Extend to entry
- Keep head between arms but look to entry point



### **STRADDLE JUMP**

- On the poolside, one foot grip edge and the other back from the side
- Take off, eyes forward
- Top half of the body leans slightly forward and chest well out
- Arms lifted to shoulder level and elbows bent
- Some swimmers scissors kick on entry to create resistance, thus keeping them shallow