

Unit 3: Symmetry

**LEARNING
OUTCOMES**

- The student will:**
- *experience symmetrical movements in and out of the water; through a series of tasks.*

EQUIPMENT
Level 1 circuit cards.

ENTRIES	STROKE	GAMES	SAFETY
<ul style="list-style-type: none"> • Pike jump • Straight jump • Plain header • Tuck jump • Racing dive • Star jump • Crouch dive • Other 	<ul style="list-style-type: none"> • Bunny swimming <ul style="list-style-type: none"> – arms paddle together under the water – legs kick together – emphasise symmetry • Dolphin kick (use float if necessary) <ul style="list-style-type: none"> – kick legs at same time – keep ankles loose – stretch toes – legs close together • Breastroke legs (see resource material) <ul style="list-style-type: none"> – kick legs at same time – kick your bottom with your heels – turn your feet out – kick like a frog • Breastroke <ul style="list-style-type: none"> – arms move at same time – arms move at same level – legs move at same level – legs move at same time • Butterfly <ul style="list-style-type: none"> – arms move together over the water – body moves in undulating way – symmetrical movement – move like a wave in the ocean • Double arm backstroke <ul style="list-style-type: none"> – symmetrical arm & leg action – arms leave the water together – kick both legs together from hips 	<ul style="list-style-type: none"> • Aqua circuit • Jump jacks • Star jumps • Volleyball blocks • Tuck jumps (See Level 1) 	<ul style="list-style-type: none"> • Surface dive <ul style="list-style-type: none"> – breastroke action – tuck chin to chest – bend body at waist – lift legs simultaneously out of water • Inverted breastroke legs <ul style="list-style-type: none"> – keep knees close together – kick both legs at same time – turn feet outwards – draw a circle with heels (See resource sheet pg. 132) • Open water safety rules <ul style="list-style-type: none"> – swim under supervision – swim parallel to shore – no longer than 20 mins – acclimatise to temperature of water slowly