

Unit 4: Asymmetry

**LEARNING
OUTCOMES**

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

EQUIPMENT

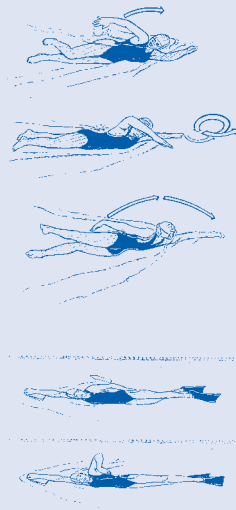
CLASS ORGANISATION

ENTRIES

- Shore entry
- Sideways, step slide
– lean towards shore
(entry into unknown waters)
- Straddle jump
- Jumps using asymmetrical shapes
- Sitting on side, turning body to enter water
- Getting out of water at pool side

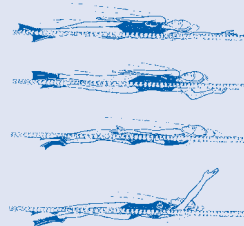
STROKE

- Full F.C. stroke concentrating on number of strokes
- Front crawl catch up arm action
- Corkscrew swimming
- Zip-up
- High elbow recovery
- Trail fingers to extended position
- Pull



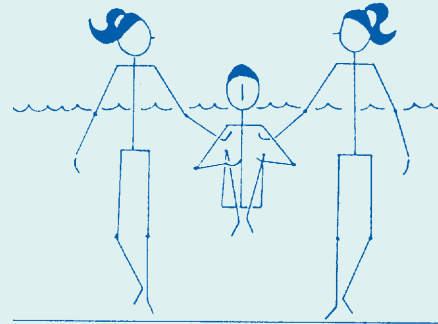
Backstroke

- Controlled one arm backstroke using pool rope to guide arm action



GAMES

- Throwing & catching in pairs
- File relay
- Small sided throwing games
- Tucked position in water, turning in a circle using opposing sculling action
- Swim half width, turn, and swim on
- Races carrying the bucket



- Swimming with a ball & walking
- Shooting practices for Water Polo

Circuit based on Asymmetrical

- Movements
- Dribble relay
- Partner passing
- Pool jogging/walking
- Woggle paddle (foam tubing travel around pool)

SAFETY

- Side stroke
- Left side
- Right side (see Stroke Card)
- Treading water using "H.E.L.P." signal
- Ditto in shoulder depth water