

Unit 5: group work in Aquatics

**LEARNING
OUTCOMES**

The student will:

- *experience a series of partner and group activities*
- *co-operate with others*
- *experience other challenging water activities: synchronised swimming, water polo, pool search.*

EQUIPMENT

Poles, towels, buoys, balls, floats.

CLASS ORGANISATION

ENTRIES	STROKE	GAMES	SAFETY
<p><i>In groups of 2, 3, 4</i></p> <ul style="list-style-type: none"> • <i>Follow the leader</i> • <i>Match your partner</i> • <i>Contrast with your partner</i> <i>Use head first, feet first, turns, etc.</i> 	<p>Synchro Swimming Practice</p> <ul style="list-style-type: none"> • <i>Practise any stroke breathing at the same time as your partner</i> • <i>Same side as your partner</i> • <i>Swim breaststroke towards your partner timing the breathing</i> • <i>Groups of three or more</i> <ul style="list-style-type: none"> – <i>follow the leader strokes</i> – <i>teacher as leader</i> – <i>student as leader</i> • <i>Group sculling</i> <ul style="list-style-type: none"> – <i>start in pairs</i> – <i>work towards large group, sculling feet first, legs first</i> – <i>experiment with changing shape bent knee, leg straight, one arm, etc.</i> • <i>Kicking with float on front / back</i> • <i>Synchronised arm actions</i> <ul style="list-style-type: none"> – <i>walking, standing, jumping, swimming</i> • <i>Routines for synchronised swimming. Sequence can include stroke, entry and aqua aerobic activities. Limit length to 5 movements.</i> <p>NB <i>Aquatics is more than stroke swimming</i></p>	<p>Partner Tag <i>One partner chases another. Reverse roles.</i></p> <p>Water Polo</p> <ul style="list-style-type: none"> - <i>Dribbling technique</i> - <i>Throwing / catching</i> - <i>Shooting</i> - <i>Game format</i> - <i>Modified game format</i> 	<p>Rescuer <i>Focus on:</i></p> <ul style="list-style-type: none"> • <i>Eye contact</i> • <i>Voice contact, reassuring and directing swimmer in difficulty</i> • <i>No bodily contact</i> <p>Subject</p> <ul style="list-style-type: none"> • <i>Follow instructions</i> • <i>Simulate the situation as outlined</i> <p>Group Pool Search</p> <ul style="list-style-type: none"> • <i>Systematic search of pool</i> • <i>Experiment first</i> • <i>Set formation</i>