Integrated Unit 2: Aquatics Level 1, Unit 3 – Muscular Strength and endurance

UNIT OBJECTIVES

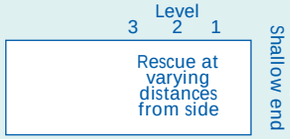
The student will :

- *gain an understanding of the difference between muscular strength and endurance through participation in*
  - *feet first / head first entry*
  - *movement through water on their fronts and backs.*

EQUIPMENT

Rescue equipment, circuit station cards, equipment as per lesson, music equipment, stop watch, rescus equipment.

CLASS ORGANISATION

STAGE	CONCEPT	CONTENT / ACTIVITY	TEACHING POINTS
warm up	*Water confidence*	*Statue Tag: 'Tagged' person must stand or float at point where they were tagged.* *Released by having others swim between their legs or underneath outstretched arms.*	*Nominate catchers.* *Use shallow end.* *Q. Why is it more difficult to walk / run through shallow water than on land? – A. Your muscles have to continually contract against the resistance of the water, so it places more demands on your muscular strength and endurance.*
Development	*Entry techniques* *Entry: Feet first* *Head first* *Stroke development* *Cardiovascular endurance* *Circuit cards*	*L1: crouch jump with/without float* *straight jump with/without float.* *L2: straight & star jump* *sitting and kneeling dive.* *L3: revise jumps* *dives • sitting • kneeling • crouch • standing.* *L1: push & glide with/without float (front)* *push ball* *push & glide with/without float (back).* *L2: front crawl • back crawl.* *L3: as above with breast stroke added.* *Circuit: 4 stations* *• Jogging across pool • walking shoulders under water • star jump • tuck jump • volleyball block • twist • walk*	*Buddy in water for assistance.* *See resource material for strength.* *What component of fitness will help you to get greater height or distance on your jump or dive?* *Muscular strength – the stronger your leg muscles, the stronger your push the higher or further you can jump / dive.* *Emphasise streamlining.* *L1: Push & Glide – you require muscular strength to push off the pool – if you continue to practice this you will require muscular endurance.* *L2 & L3: You are mostly developing your muscular endurance in your arms and legs as your muscles are continually contracting against the resistance of the water when you push or pull.*  *Work interval 45 sec.* *Rest (and rotation) 15 sec.* *Use music (electricity precautions).* *Emphasise: muscular endurance, good posture during exercise.*
Cool down	*Reach rescue*	 *PRACTICE SETUP*	*Rigid objects: poles • buoyancy rings • extended poles with rings • floats – choice of object depends on distance.* *Non rigid objects: towels • ropes • clothes – choice depends on circumstances.* *N.B.: Maintain safety of rescuer. No contact with subject.* *Importance of continuous communication with subject..* *Keep eye contact.* *The more streamlined your partner is the less strength required to pull him / her in to land.*