

LESSON 4: ENDURANCE AND BACKSTROKE OPEN TURNS

Grade-Level Outcomes

Primary Outcomes

Lifetime activities: Refines activity-specific movement skills in 1 or more lifetime activities (outdoor pursuits, individual-performance activities, aquatics, net/wall games or target games). (S1.H1.L2)

Fitness activities: Demonstrates competency in 1 or more specialized skills in health-related fitness activities. (S1.H3.L1)

Embedded Outcome

Rules & etiquette: Exhibits proper etiquette, respect for others and teamwork while engaging in physical activity and/or social dance. (S4.H2.L1)

Lesson Objectives

The learner will:

- perform additional pool lengths in each stroke.
- demonstrate rolling over from freestyle to backstroke and the reverse.
- demonstrate backstroke open turns.

Equipment and Materials

- Stopwatch or timer
- Kickboards*
- Life jackets or flotation belts*
- Kickbar floats*

*Make flotation devices available for students to use in all practice tasks.

Introduction

Today, you will increase distances in all strokes learned, work on rolling over from freestyle to backstroke and back, and practice backstroke open turns.

Instructional Task: Increasing Endurance

■ PRACTICE TASK

Students swim 6 × 50 yards or meters each of freestyle and backstroke.

Students swim 4 × 50 yards or meters of elementary backstroke.

Extension

Have students combine strokes in sets (e.g., one length backstroke followed by freestyle).

EMBEDDED OUTCOME: S4.H2.L1. Discuss lane swimming etiquette (e.g., up and back, circle swimming) with students before they swim laps.

Student Choices/Differentiation

- Students may choose alternate lap lengths, such as 3 × 100 freestyle and backstroke, 2 × 100 elementary backstroke.
- Group students in lanes by ability.
- Challenge more experienced swimmers by timing the laps.

What to Look For

- Students are increasingly more comfortable in the water and able to swim continuously for a longer period of time.
- Students are able to maintain correct technique throughout their laps.

Instructional Task:

Rolling Over From Front to Back and Back to Front

■ PRACTICE TASK

Students swim 2 × 25 yards or meters, swimming half of the length freestyle, then turning over and completing the length with the backstroke.

Students reverse the order on the way back.

Refinement

Have students focus on the purpose of the arms (using a strong pull to turn the body over).

Extension

Have partners observe the turns and provide feedback to the swimmers. Have swimmers focus on making tight turns.

Student Choices/Differentiation

Students swim at their own pace.

What to Look For

- Students are making smooth transitions and maintaining speed.
- Students are making tight turns.

Instructional Task: Backstroke Open Turn

■ PRACTICE TASK

Backstroke flags are 5 meters from the wall. Students start at the middle of the pool and swim toward the wall; when swimmers see the flags, they count the number of arm pulls until they hit the wall.

Extensions

- Repeat, and when students hit the wall, they rotate their bodies, put their feet on the wall, and push off in a streamlined position.
- Students use the dolphin kick for propulsion while underwater.

Refinement

Use this task to practice a longer streamline off the wall.

Student Choices/Differentiation

Students may start at half speed and work up to full speed gradually.

What to Look For

- Students recognize when they are close to the wall so that they don't hit their heads.
- Students take smooth turns and a long streamline off the wall on their backs.

Instructional Task: Timed 100 Yards

■ PRACTICE TASK

Students swim a timed 100 yards or meters of freestyle.

Guiding questions for students:

- When should you exhale and why?
- What are some ways to save energy during the event?
- Faster movements do not always equal better results. Who knows why?

Student Choices/Differentiation

Adjust the distance to 25 or 50 yards for students who cannot complete 100 yards.

What to Look For

- Students can maintain correct form throughout the timed swim.
- Students are maintaining a constant speed for each length.
- Students are fatigued at the end.

Formal and Informal Assessment

100-yard timed swim (can serve as a baseline measure of current fitness for building future workouts)

Closure

- Remember to exhale when your face is in the water. That way, when you turn to take a breath, it is much quicker if you don't have to exhale first.
- What type of kick should you use when you're swimming underwater after the turn?
- Try to practice your swimming outside of class to improve faster.
- Next class, we'll try a water aerobics workout.

Reflection

- Were students able to roll over front to back and back to front in a smooth motion?
- Did students use the arm-pull count effectively to anticipate the wall before the turn?
- Are some students ready to move on to the flip turn?

Homework

Do an online search for water aerobics to see what these workouts look like before next class.

Resources

Internet keyword search: "backstroke," "freestyle," "backstroke open turns"