

LESSON 6: SWIM TECHNIQUE

Grade-Level Outcomes

Primary Outcomes

Lifetime activities: Demonstrates competency and/or refines activity-specific movements in 2 or more lifetime activities (outdoor pursuits, individual-performance activities, aquatics, net/wall games or target games). (S1.H1.L1)

Fitness activities: Demonstrates competency in 2 or more specialized skills in health-related fitness activities. (S1.H3.L2)

Movement concepts, principles & knowledge: Applies the terminology associated with exercise and participation in selected individual-performance activities, dance, net/wall games, target games, aquatics and/or outdoor pursuits appropriately. (S2.H1.L1)

Embedded Outcome

Engages in physical activity: Creates a plan, trains for and participates in a community event with a focus on physical activity (e.g., 5K, triathlon, tournament, dance performance, cycling event). (S3.H6.L2)

Lesson Objectives

The learner will:

- demonstrate freestyle technique.
- identify key parts of the freestyle: catch, mid-pull, finish, recovery.
- demonstrate at least one drill for technique improvement on each of the four parts of the stroke.
- demonstrate a rhythmic breathing technique used in distance swimming.

Equipment and Materials

- Pool
- Swim goggles
- Swim caps
- Kickboards
- Quizzes and pencils or pens

Introduction

In our previous two classes, we worked on cycling. Today and next class, we will focus on the swim aspect of a triathlon. We'll work on drills in the water to help improve technique, and in our next class, we'll put those drills into practice in a pool workout. First up is the quiz on the seven training principles.

Instructional Task: Quiz

■ PRACTICE TASK

Administer a short quiz on the seven training principles.

Student Choices/Differentiation

Provide extra time for those who need it.

What to Look For

- Students are able to identify the principles correctly.
- Students can apply them appropriately in examples.

Instructional Task: Technique and Efficiency in Water

■ PRACTICE TASK

Choose 10 to 15 freestyle drills that focus on technique and efficiency. See list below for suggestions:

- Kick with board
- Kick on left side: rifle barrel drill
- Kick on right side: rifle barrel drill
- Six-beat kick drill
- Catch-up drill
- Fists drill
- Fingertip drag drill
- Over-exaggerated finish drill

Have students complete 25 yards or meters of each selected drill. Focus should be on the following elements as you provide feedback:

- Body position
- Catch of stroke
- Mid-pull of stroke
- Recovery of stroke
- Breathing and timing

EMBEDDED OUTCOME: S3.H6.L2. Use this task to contribute to the training for the event.

Refinement

Students select one component of the stroke to work on with a partner and appropriate drills. Partner can use peer assessment to provide feedback or use a device to record performance.

Student Choices/Differentiation

- Students can be grouped in lanes according to ability.
- Students may review video clips of correct stroke technique.

What to Look For

- Students are performing drills correctly in terms of body position and head position.
 - Timing is correct in rhythmic breathing.
 - Kick is effective in producing power.
 - Arm is moving through the key positions of catch, mid-pull, finish, and recovery.
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Formal and Informal Assessments

- Quiz
- Peer assessment

Closure

- The goal today was to focus on stroke technique and efficiency in the water. You should incorporate the drills we did today into your swim workouts in some capacity.
- In our next class, we will complete a group swim workout and focus on interval training in the pool as well as some triathlon-specific training.

Reflection

- How is the group as a whole in the water?
- Did I choose appropriate drills for their ability?
- What do I need to review more for next class?
- Review peer assessments of strokes to look for common errors.

Homework

- Continue following your workout schedules and working on your research abstracts.
- Continue your journaling.

Resources

USA Swimming: www.usaswimming.org

United States Masters Swimming: www.usms.org