

'QUICK DIPS' FOR BUSY TEACHERS

ROTATION PRACTICES AND SEQUENCES (1)

WHY? Front Crawl and Backstroke are both LONG ROTATION or BODY ROLL strokes. (The propulsive power of the arms is increased if the swimmer's body rolls around the long axis.)

Starting with simple 'log rolls', teachers use progressive practices like this to 'imprint' or develop balanced and controlled body rotation, until it feels natural for the swimmer to roll their upper body by the time they start to build the more complex and coordinated actions involved in Front Crawl and Backstroke.

Outcome: Push and glide on front, add an alternating kick to travel at least 5 metres having rolled from front to back while holding a streamlined body Position.



PREVIOUSLY...in preparation and 'readiness' for these rotation practices and activities....

Learners will have successfully 'mastered'

- Submersion of whole body; be able to regain standing using noodles or discs etc
- Taking and holding breaths as and when required; see 'Aquatic Breathing'
- Holding controlled and stable floating shapes on the back and on the front: 'star' 'tuck' and pencil on the front - 'star' and 'pencil' on the back
- Changes of shapes while still floating; flipping from front to back shapes and from back to front in sequences and games.

PLAY
BE SAFE, EXPLORE,
DISCOVER & ENJOY

Whole Body Submersion

Connection: Aquatic Breathing

LOOKING FOR
Relaxed, voluntary, controlled, confident and timed partial and whole body submersions. Single and repeated bobbing/ducking/under. Sinking games, lots of imaginative underwater play and 'adventure' including travel. Sinking seat/feet first also head first, from standing/jumping (arms at side, or held above head). Breath holding, aquatic breathing, rhythmic, controlled, timed - tickle but especially explosive! Safe feet first jump entries.

Exploring: Buoyancy vs Gravity. Ways to sink or 'dive' under the water. "Can you see underwater?" Goggles on and off - eyes open and closed. "What can you see hear?" "Can you sit on the bottom - or touch it with your hands?" "Does your shape make a difference to how easy it is to sink?" "Can you sink down and re-surface/ 'pop' like a volcano?" Retrieving objects from the bottom. The adventure and skill of moving, travelling and being UNDER water. Aspects of aquatic breathing: taking, holding and controlling breaths, effects on buoyancy. "What happens if we let a lot of air out?" Awareness of a range of sensory and tactile stimuli.

Checkpoints

Aquatics: Buoyancy, Gravity, Breath Holding, Aquatic Breathing, Moving and being underwater. Feet. Feet first entry.

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Aquatic Breathing

Rhythmic and Controlled

LOOKING FOR
Timed breath holding before blowing out forcefully and spontaneously through mouth and nose - on and under the surface. Every sort of bubble trickle and explosive, rhythmic, timed and controlled. Confidence and eagerness, building on previous experience, readiness to progress to submersion.

Exploring: Breath Control: taking and holding a BIG breath, quickly, slowly, WHEN and WHERE best to blow out: under/just as before you break the surface? HOW to blow out - forceful, trickle or explosive: mouth, nose or both? 'Hasty! Quiet! Funny?' Taking and timing several breaths in a row: bobbing, moving, or 'like a swimmer', breathe to the side - breathe to the front. Talk about expected and unexpected situations.

Aquatics: Bubble progressions at and under the surface. Options: forceful, trickle and/or explosive, timed pattern of inhalations and exhalations, rhythmic and controlled: involving lips/mouth and nose.

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Flotation and Rotation

Connection: Treading Water - Travel on front and back

LOOKING FOR
Confidence, co-ordination, control. Relaxed, balanced, stable shapes. **Face down:** star/skydiver, 'log'/pencil, tuck/mushroom. **Face/chin/hips up:** star and pencil. Plus float and log rolls, 180° front to back and back to front. Tuck rolls to layouts front and back. 360° rolls, turns, while tucked. Increased use of sculls/sweeps. Controlled sequences and combinations of all 4 leg kicks to stabilise, balance and support flat, horizontal shapes. Tuck and recover to stand from any position.

Exploring: Buoyancy, Balance, Agility. Body Positions, Extensions, Shapes: (2 on front) narrow, wide, tuck. (2 on back) narrow and wide. Symmetry and 'flurry'. Surface area. Sequences, rotations - imaginative variations. How arm and head positions and air in lungs influence flotation, body position and streamlining, breath control and timing. Influence and interactions of head, shoulders, hips, legs, hands - especially in rotations. Readiness for gliding.

Aquatics: Centres of Balance, Buoyancy and Gravity, Horizontal body positions. Alignment: Agility, Aquatic Breathing. Long and 'short' rotations. **Extensions:** Arms and legs. Streamlining. Sculling actions. 'Synchro'/artistic moves.

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Activities / Practices and Progressions	Teaching Points (Looking for....)
<p>Review/assess(Show me):</p> <p>Star floats and pencil floats on front</p> <p>Review star float front, to pencil float on back</p> <p>Review flipping from front to back floats and back to front floats; narrow and wide.(Show me)</p>	<p>"Gently"... face down into wide shape: big breath before you start....hold the shape steady: move smoothly and slowly from wide shape to thin shape (like a pencil, rocket, lolly stick etc) and back to star float. Now try pencil float on its own: long thin shape- legs and feet together, arms together....</p>
<ul style="list-style-type: none"> • Push and glide from wall on front • Push glide- add alternating kick on front • Push glide, kick on front and rollover into a star float on the back <p>(Try push, glide and kick on your side.....try push and glide and kick down to the bottom of the pool....</p> <ul style="list-style-type: none"> • Push glide kick on front, rollover onto back and kick in streamlined shape. <p>TOP TIP: To start with, try allowing swimmers to sweep both arms under and back to their sides to assist the roll; progress later to keeping the arms extended for those who can.</p> <p>Extension: As above but after 12 kicks(or enough time to get your breath) roll over onto the front again.....and keep kicking....</p> <p>NEXT? PROGRESSION TO TRYING FRONT CRAWL ARM ACTION WITHOUT BREATHING AFTER THE PUSH, GLIDE, KICK, BEFORE ROLL..</p>	<p>Back/bottom against the wall ; big breath and face in before you go: straight arms, squeeze your ears, thin sharp shape; push off from wall; long legs, feet together, pointy toes, stay flat and long on the water...<i>How far can you go?</i></p> <p>Add a kick: fast feet, small splash, floppy ankles/feet; kick from your seat/bottom; brush your big toes together...</p> <p>As you roll: Blow out hard(explosively); <i>Can you start the roll with your hips?</i></p> <p>Now....keep chin up – eyes looking at ceiling: tummy button up, stretch long...squeeze ears.....or keep arms by your side; fast feet; knees under.....Big breath</p>

PLAY
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Push and Glide: Front
Adding leg kick and rotation

LOOKING FOR

After each glide, tuck, recover and stand - blowing out explosively as face clears surface.

Start position 1. Facing the side, at arm's length, stable low stance, wide arms and legs. Take and hold a big breath. Face in, sink down before a slow smooth fall/push, glide GENTLY towards the side/wall, holding a balanced body position. Gradually increasing distance from the wall, holding more streamlined shapes; narrow tail/hips/pointed. Adding loose, fast, long alternating kicks (small splash) to improve body position, balance and extend distance travelled.

Start Position 2. Stable low stance, back against the wall/side, knees bent, arms extended for streamlining, big breath, sink down, face in, fall/push off and glide away from side. Strong push and extension; addition and development of alternating leg kicks, a forcible 'blow out' to roll over and continue travel on the back.

Exploring: Reducing resistance and drag. Compare arms/hands together (narrow) vs apart (wide); face down vs lifted up. Stationary balance. Horizontal travel from a strong push with legs. "How far can you go without, then with kicking?" Whole leg movement for kick; how rhythmic continuous kicking helps with balance, momentum, propulsion, alignment, streamlining and distance travelled; rotation onto the back. Breath control, timing. Recovery to regain upright/standing position.

Aquatics: Aquatic Breathing, Gliding, Body Position, Streamlining, Control, Balance, Coordination, Momentum, Agility, Rotation, Leg actions (Kicking), Travel.

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Push and Glide: Back
Adding kick and rotations

LOOKING FOR

Forward tuck, sweeps and sculls to recover and stand at the end of each practice. Low balanced, stable start position, facing and close to the wall; ears and back of head 'pillowed' on the water. Taking and holding a BIG breath before a SLOW, gentle and smooth lay-out on the back. Push and glide away from the wall on the back. A flat and stable shape, held longer each time. Progressions to more streamlined glides, arms at sides and/or extended ("squeeze ears, long, narrow, sharp shape"). Increasing distance travelled, adding an alternating 'flutter' kick. Smooth aligned rotations/rolls 180° and 360° from back and front positions; blowing out as face clears water, to initiate in-breath.

Exploring: Reducing resistance and drag; influence of arms, hands, feet, legs, head. Balance. Horizontal travel on the back from a push with legs; "How far can you go without kicking?" Influence of breath control, timing, body position on rotation, rotation. Can a leg kick help to maintain balance, momentum, alignment, streamlining and increase distance travelled?

Aquatics: Buoyancy, Gliding, Body Position, Balance, Streamlining, Control, Co-ordination, Momentum, Agility, Rotation; alternating leg action, Travel, Aquatic Breathing.

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PLAY
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Push, Glide, Kick - 'Switch'
Final preparations for whole stroke drills: Front Crawl and Backstroke

LOOKING FOR

Powerful push and glides on front, back and both sides. Long aligned horizontal body positions - relaxed, balanced, stable and streamlined; rhythmic, continuous alternating whole leg movement; flutter kicks; "small splash, loose ankles". Coordinated, smooth and controlled rotations/rolls and 'switch' practices. Timed, rhythmic breathing. Relaxed arm recoveries. Powerful propulsive underwater arm-hand sweeps - hand accelerating backwards, body surging forward. Smooth continuous travel.

Exploring: Streamlined, aligned motions of horizontal body positions - on front, back, side. Sustaining whole leg movements; rhythmic, continuous alternating kicks; influence of head, shoulders, hips on dynamic balance, rotation, propulsion. Momentum. Timed breathing. Relaxed alternating arm recoveries. Front Crawl (FC) high elbow - low hand. Backstroke: straight arm - high hand. Propulsive arm actions. Use of legs rotation to put hands in propulsive positions. Head and 'self' hand/finger/entries. Transfer of skill to timed breathing on FC and whole stroke development for FC and Backstroke.

Aquatics: Aquatic Breathing, Gliding, Travel, Extended, balanced, controlled, streamlined, aligned Body Positions on front, side and back. Rotation, 'Flutter' Kick front, side and back; alternating, continuous, small splash. Coordination and timing. Alternating arm recoveries. Propulsion: bent elbow sculls and sweeps. (See S.L.A.B.T.)

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