

**Level : IMPROVERS (Able to swim 25m+ with confidence)**

**Lesson Focus: Improving Rotation (Body roll ) relevant to Front Crawl and Backstroke development**

**Outcomes : Review self rescue skills, adapting strokes and treading water. Swim widths**



*Previously (Prior Learning): swimmers have practiced 6 and 12 kick switch practices with leading arm extended and other arm up on thigh, face in and turning to breath – body is on side and legs are kicking sideways... using an alternating action.*

PRACTICES & PROGRESSIONS	Teaching Points : WILF
<p><b>Safe Entries</b></p> <p><b>WARM UP /INTRO</b></p> <p><b>Team Float Capture: Split into 2 teams Reds and Blues (colours of floats and noodles in cupboard)</b></p> <p><b>Spread as many floats and noodles as possible out in the available space</b></p> <p><b>First team to recover their colours</b></p>	<p><b>Object is to collect as many of your team colour, bringing one at a time to the side. No feet on the pool floor</b></p> <p><b>Challenge; decision making/problem solving.</b> What is the best way to hold/carry the float after you have collected it? You can choose any stroke – will you adapt it for the task/challenge?</p> <p><i>Adapting strokes is important; swimming with head up as in water polo or self rescue/survival swimming is one adaptation, side stroke is an adaption of both Front crawl and Breaststroke; Treading water is a self rescue skill..</i></p>
<p style="text-align: center;"><b>MAIN</b> (Part practices)</p> <p><b>1.Streamlined push and glides on the front with alternating kick</b></p> <p><b>2.Streamlining on back with kick</b></p> <p><b>3.“Roll-overs”</b></p>	<p>Extended arms – tight pencil shape...Sandwiches/hands on..(“turtle” with hands) out in front...</p> <ul style="list-style-type: none"> <li>• Eyes to the floor</li> <li>• Long loose legs, “flippy floppy” feet...Kick from hip/butt- whole leg action...fast feet...small splash...</li> <li>• Long/ ‘tall’ bodies</li> </ul> <p>2.Eyes to the sky – hips high – lift your ‘seat/ ‘bottom’ up..steady shallow kick to balance: Knees under when kicking on back.; arms held at sides (easier option) or extended and squeezing on ears/side of head.</p> <p>3.From streamlined push and glides: alternating kick on front for count of 6, log roll onto the back and kick on back for a count of 6. Two levels: (i) with arms down at sides (watch heads on wall) (ii) with both arms extended and tight on the sides of the head.</p> <ul style="list-style-type: none"> <li>• Turn from the hip and not by wrenching the head;</li> <li>• ‘log’ or ‘pencil’ roll with whole torso head and legs staying in alignment</li> </ul>

<p><b>4.</b>  <b>Try 3 strokes front crawl*, log roll to back, rebalance/stabilise take a breath then roll to front with 3 more arm strokes</b></p> <p><i>* probably basic at first; arm recovery over the water and then sweeping propulsively back under the body and under the water past the hips. But there is no reason why clean 'exits' at the side with high elbow and low hand relaxed recoveries and clean soft entries can't be encouraged. Same with underwater action. Check stroke descriptors or expected standards.</i></p>	<p>Leg kick is continuous- so maybe kicking briefly sideways with rolling action...</p> <ul style="list-style-type: none"> <li>• Aim for smooth rotations ; blow out explosively as face clears water .</li> </ul> <p>123- 123 – try to be continuous, smooth, balanced and controlled..... 'log' roll around centre or mid- line – in a straight line – steady kick to balance...</p> <ul style="list-style-type: none"> <li>•Hands: 'Soft entry - Finger tips first - slide in as they enter water – in line with the shoulders/body width...</li> <li>• Count each stroke as you go "1,2....."</li> <li>• "Eyes looking at the pool floor while on the front</li> </ul>
<p><b>Challenge Progression:</b>  <b>Co-ordinating Freestyle arm action with bi lateral breathing...</b></p>	<p>3 Freestyle arm strokes:1 breath  Imagine you are still doing rollovers but as you start to roll onto your back – EXPLOSIVE EXHALATION – take your breath ...the as if you 'CHANGE YOUR MIND' (deciding not to roll the whole way over to the back ) roll to front again AND PUT FACE BACK IN WATER for the next 3 strokes...repeat...</p>
<p><b>CONCLUDING or CONTRAST</b></p> <p><b>Gently kick on back using Breaststroke leg action... with floats or noodles..</b></p>	<p>Floats or noodles used to enable 'Sitting up slightly' – so that you can see your knees and see feet positions...</p> <ul style="list-style-type: none"> <li>• Bring Heels to bottom • "BEND ", turn feet out,(seal tail) ...'hook toes' /hockey sticks, flat feet..."OPEN" a little and kick back with a snap..SHUT • Feet together</li> <li>• Stretch and Glide (hold with a count of 4...)</li> </ul>
<p>Exit over side or using steps and briefly review the 'WHY' of activities and any progress/improvement; share feedback and thoughts on what next?</p>	

