

# Swimming Freestyle

## Grades 9-12



<b>Objectives</b>	Following this activity students will be able to: <ul style="list-style-type: none"><li>• Explain the stress points of freestyle</li><li>• Effectively swim the freestyle</li></ul>
<b>Standards</b>	<b>PEL1.1.1</b> -Demonstrate activity-specific skills in individual, dual, and team physical activities. <b>PEL1.1.4</b> - Perform specific skills at an advanced performance level.
<b>Materials</b>	Pool Swim suits Goggles Caps
<b><i>Procedures</i></b>	<ol style="list-style-type: none"><li>1. Before kids get in the pool, teach them the right way to swim freestyle (describe stress points)</li><li>2. Have a swimmer on the team with you, ask him/her to get in the pool and demonstrate how to swim freestyle, making sure they emphasis the stress points of freestyle. The way the legs should kick with knees not locked but not bent, the arm sliding up the side of the body and coming to a point with elbow bent before extending it out into the water to pull, making sure the hand slides into the water at an angle and not slapping at the water.</li><li>3. Divide the class into two groups</li></ol>

## Freestyle Lesson Plan

	<ol style="list-style-type: none"><li>4. Have one group go with me and the second group with the swimmer,</li><li>5. Have kids get into the water and have them hold onto the side while they attempt to kick, watch them and give them feedback as to what is not all the way right and demonstrate how to do it the right way again. Continue until they have the kick down.</li><li>6. Have the kids put their feet on the ledge out of the water to help support them and help them to float by the side as they learn how to correctly move their arms so they will get a good pull.</li><li>7. Let kids swim from one end of the pool to the other width ways until they are able to swim freestyle in an effective manor.</li></ol> <p><b>To complete the assignment</b></p> <ol style="list-style-type: none"><li>1. Students should post online the stress points of freestyle on facebook.</li><li>2. Students should write a paragraph (6-8 sentences) why the stress points are important.</li></ol>
<b>Evaluation</b>	A worksheet will be given to the students so assess if they know and understand what they have learned.