

**Topic: Swimming - is it useful for me?**

Lesson objectives:

1. the student will acquire basic swimming skills.
2. the student will learn the safety rules for swimming.
3. the student will understand the health benefits of swimming.

1) Swimming

The ability to swim has been used by humans since ancient times.

The first official swimming competition was organised in Japan in the 1st century BC!

Swimming is one of the most popular forms of physical activity, which not only provides pleasure, but also influences physical and mental fitness.

It is therefore worth learning the basic techniques of swimming in order to enjoy this sport to its full potential.

- 2) In 1796, the swimming club "Upsala Simsällskap" was founded in Sweden, which still exists and boasts the title of the oldest swimming club in the world!
- 3) In 1869, the first swimming competition was held in London. Swimming has been on the Olympic Games since the very beginning in 1896.
- 4) Until the London Olympics (1908), Olympic swimmers swam in open water - from then on. Since then, competitions have been held in indoor swimming pools.

5) And this is interesting

At the Athens Olympics (2004), the competition was held in an open pool - without a roof because the organisers did not have time to build it in time.

- 6) In 1973 the world swimming championships began to be organised.

7) Swimming competitions include:

Relay - a swimming competition in which teams are made up of several athletes, who swim a set distance equally.

Synchronised swimming - a swimming competition practised by women, during which in which teams perform synchronised movements in the water to the rhythm of music.

Water jumping - a water jumping competition in which competitors perform acrobatic jumps from a trampoline and a tower from various heights.

Water polo - a sport in which two teams try to score as many goals as possible by throwing a ball into the water. goals by throwing the ball into the opponent's goal.

8) However, let's focus on swimming in the pool (photo of the pool)

9) In sports swimming there are 4 basic swimming styles:

- butterfly style (butterfly, butterfly, dolphin)
- backstroke style (backstroke, backstroke swimming)
- classic style (frog)
- freestyle (here competitors use the fastest swimming technique - krabel)

10) There is also an alternating style swim - competitors swim: dolphin in sequence, backstroke, frog and crawl.

11) Crawl

- is the fastest swimming style
- the swimmer is positioned on their chest and performs the so-called "scissors" with their legs while simultaneous alternation of arm movements. This movement consists of alternately pulling the arm in front of you above the water and pulling it back under the water
- breathing is done by partially lifting the head out of the water (to the side), usually every 3 arm strokes.
- the distances swum in freestyle during swimming competitions are: 50m, 100m, 200m, 400m, 800m, 1500m (this is the longest distance held during swimming competitions in a pool).

12. Did you know?

Speed in freestyle is mainly achieved through arm work (70-85%) – leg work accounts for only (15-30%) (graphic of strong arms).

13. Fun fact

In lifeguarding, a different variation of this style is used called "rescue freestyle" or colloquially "kozak" (animation of rescue freestyle – with head above water).

14. **Benefits of swimming freestyle:**

- Improves metabolism

- Speeds up metabolic rate
- Oxygenates the body
- Slims and tones the body
- Increases flexibility
- Corrects posture
- Improves blood circulation
- Positively affects joint and bone health

## 15. Backstroke

Backstroke (freestyle on the back) – the only swimming style where you swim on your back. (graphic of a backstroker)

## 16. Technique:

Here are some steps to help master the backstroke technique:

1. **Body position:** To start swimming on your back, lie on your back with your arms straight and extended backward, and your legs bent at the knees. Your head should be straight and looking up at the ceiling of the pool.
2. **Arm swing:** To move forward, swing your arms towards your hips, so that your hands pass just above your head. Fingers should be together, and hands should hold the water for more propulsion.
3. **Kicking:** While swinging your arms, kick your legs to gain additional propulsion. Legs should be straight and together, with your feet pointing towards the ceiling of the pool. During the kick, exhale to avoid submerging in the water.
4. **Arm and leg swing:** After kicking, swing your arms again, moving your hands along your body to your hips. Then repeat the leg kick.
5. **Breathing:** While swimming on your back, breathe regularly, using every third or fourth arm movement to inhale. Your head should be slightly raised to allow free breathing.
6. **Turning:** While swimming on your back, regularly check your position relative to the lane and correct it by turning sideways if necessary.

## 17. Mistakes to avoid – video

## 18. Benefits of swimming backstroke:

- Backstroke relieves the spine!
- Improves spinal mobility and flexibility
- Strengthens back muscles
- Relaxes neck muscles, making it easier to endure long days at school desks ;)

- Improves coordination and balance

#### 19. Fun fact!

During 1 hour of swimming, you can burn up to 400 calories! Backstroke has a very good effect on the spine. It perfectly strengthens back muscles, helping to prevent overload. Backstroke does not strain the spine as much as other techniques, which is why it is recommended for people with back problems, and additionally improves neck flexibility.

#### 20. Breaststroke

- This style involves mimicking the movements of a swimming frog (animation of a swimming frog). It is a symmetrical swimming style – the right and left sides of the body perform the same movements.
- **Application in therapy:** Breaststroke was once recommended in therapeutic swimming, e.g., for treating spinal curvature. Nowadays, it is discouraged because breaststroke significantly develops chest muscles but hardly strengthens back muscles.
- To treat spinal defects, backstroke breaststroke is recommended, where back muscles work significantly.
- Breaststroke is the slowest swimming style.

#### 21. Benefits of swimming breaststroke:

- Excellent for burning calories
- Activates leg, arm, chest, and abdominal muscles

If you are unsure whether you swim breaststroke correctly – don't do it alone (you might do more harm than good).

#### 24. Fun fact!

The breaststroke is considered the oldest swimming style and the first to appear in competitions (picture of a frog with a gray beard).

#### 25. Butterfly

The butterfly stroke, also known as the dolphin stroke, is one of the four basic swimming styles. It is considered the most difficult due to its complex swimming technique and the significant strength required for performing the movements.

The butterfly swimming technique was inspired by the natural movement of dolphins in the water. When performing this style, the swimmer's movements resemble those

of a dolphin. The butterfly stroke is very efficient, allowing the swimmer to achieve high speed, but it requires a lot of coordination and the ability to "wave" in the water. During the butterfly stroke, the swimmer moves their arms, legs, and torso in a coordinated and synchronized manner. Arm movements involve semicircular motions above the water, followed by pulling the arms down with bent elbows. Legs perform wave-like movements similar to a dolphin's fins.

While performing the butterfly stroke, the swimmer must coordinate the movements of the entire body to make the motions smooth and efficient. This is a very difficult technique, but with proper training, it can be mastered, allowing for excellent swimming performance.

#### 26. **Benefits:**

- In terms of muscle engagement, this style can be considered a "giant" – it involves practically the entire movement apparatus. The arm movements primarily engage the latissimus dorsi, trapezius, rhomboid muscles, as well as the leg, core, and abdominal muscles.
- Exhaling underwater and inhaling during surfacing improve lung capacity and deepen breathing.
- Additionally, it improves joint mobility without straining them and relaxes the fascia of the entire body, which is particularly beneficial if you spend long hours at a desk.

#### 27. **Interesting fact!**

- The most talented butterfly swimmer and the most famous swimmer of all time is Michael Phelps (his picture).
- Otylia Jędrzejczak – our specialist in butterfly stroke (Olympic champion, two-time world champion, and three-time world record holder).

#### 28. **Why swim?**

While swimming, we exercise virtually all muscle groups.

Swimming improves our lung capacity and efficiency.

Like all endurance sports, swimming positively affects our respiratory system.

During exertion, our lung capacity increases, which in turn boosts endurance.

#### 29. **7 reasons why you should swim:**

- Improves heart and lung efficiency
- Relieves back pain
- Strengthens immunity
- Is a pleasant way to lose extra pounds
- Increases agility and flexibility
- Strengthens and sculpts muscles without straining the joints
- Reduces stress and helps to relax

**30. For the curious:**

- While swimming, the body also sweats!
- The world's deepest pool is in Dubai and is 60m deep
- The world record for holding breath underwater is 24m and 3s
- The first swimming goggles were made from... turtle shells (14th century)
- The first fins were designed by Benjamin Franklin

**31. Will swimming be useful in everyday life?**

For work or school, we don't usually swim (unless we live on an island in the middle of the ocean ;), but this skill ensures that during vacations by the sea, our parents will be more at ease about our health. Additionally, knowing how to swim allows us to enjoy a wide range of water parks and other attractions (kayaking, rafting, canyoning), involving water without worrying that something might happen to us.

**32. You must admit – there's nothing like soaking in a hot jacuzzi in the middle of winter or sliding down a water slide at over 50km/h! 😊**

**33. TEST**

Knowledge test about swimming:

When was the first official swimming competition held and where?

- a. 1st century BC in Japan
- b. 1869 in London
- c. 1973 at the World Championships

Which is the oldest swimming club in the world?

- a. Upsala Simsällskap in Sweden
- b. Warsaw Swimming Club in Poland
- c. Brooklyn Swimming Club in the USA

Which swimming style is the fastest?

- a. Backstroke
- b. Butterfly
- c. Freestyle

How do arms and legs move in freestyle?

- a. In freestyle, arms and legs move simultaneously
- b. Arms move above the water, and legs move underwater
- c. Arms move underwater, and legs move above water

What are the distances swim in freestyle during swimming competitions in a pool?

- a. 50m, 100m, 200m, 400m, 800m, 1500m
- b. 100m, 200m, 400m, 800m, 1500m, 5000m
- c. 50m, 100m, 200m, 400m, 800m, 1600m

What technique do swimmers use in the freestyle category?

- a. Crawl
- b. Breaststroke
- c. Butterfly

What is medley swimming?

- a. Swimming backstroke, freestyle, breaststroke, and butterfly in order
- b. Swimming butterfly, backstroke, breaststroke, and freestyle in order
- c. Swimming breaststroke, backstroke, butterfly, and freestyle in order

What is the butterfly stroke?

- a. A swimming style practiced only by women
- b. Another name for backstroke
- c. A swimming style in which the arms move forward simultaneously, and the legs kick together up and down

Which swimming event does not include water polo?

- a. Diving
- b. Relay
- c. Synchronized swimming

What are the benefits of swimming crawl?

- a. Improves aerobic capacity, strengthens arm, back, and leg muscles, and has a relaxing effect on the body
- b. Improves aerobic capacity, strengthens leg muscles, has a relaxing effect on the body, but does not affect the muscles

34. TASK

Write in 7 sentences why everyone should have the ability to swim?