

Spotlight on Swimming

Dryland Activities and IDL to support Glasgow Primary Schools Swimming Programme for P5-P7

Cognitive Skills
Focus and Concentration

Physical Competencies
Coordination & Fluency
Gross & Fine Motor Skills

Primary
Swimming
skills and
attributes

Personal Qualities
Confidence & Self Esteem

Physical Fitness
Stamina
Core Stability & Strength



Activity 1
Glasgow Swims

(HWB) (SOC)



Activity 2
Home Warm Up

(HWB)



Activity 3
Synchro Design

(EXA) (MTH)



Activity 4
Breast Stroke Task

(HWB)



Activity 5
Life Saving

(HWB)



Activity 6
Swim Turns

(HWB)



Activity 7
Front Crawl Fit

(HWB)



Activity 8
Survival Swimming

(HWB)



Activity 9
Breathing Technique

(HWB)



Activity 10
Swim Snacks

(HWB) (MNU)



Activity 11
Synchro Dance

(EXA)



Activity 12
Streamline Multisport

(SCN) (EXA)



Activity 13
Streamline Task

(HWB)



Activity 14
Yoga for Swimming

(HWB)



Activity 15
Back Crawl Fit

(HWB)



Activity 16
The Gala

(HWB)



Activity 17
Triathlon Transitions

(HWB)



Activity 18
Triathlon Running

(HWB)



Glasgow Primary Schools Swimming Programme- Glasgow Life Pools

(HWB- 21a,22a) (SOC-14a)



- Glasgow's Primary School pupils receive swimming lessons at one stage in P5,6 or 7.
- The swimming programme use Glasgow Life's 12 swimming pools and Glasgow's secondary school pools.
- Glasgow's longest pool is at Tollcross International Swimming Centre. It has 2 x 50 metre pools and 1 x 25 metre pool.
- Joining all of Glasgow Life teaching pool areas together adds up to 425 metres, just over $\frac{1}{4}$ mile in length.



Task

- Find all the pools on a map of Glasgow.
- Make a route map from your house to your nearest swimming pool.
- Walk or jog the $\frac{1}{4}$ mile length of Glasgow life pools (go around the school or near your home.)

Challenge

- How many times can you run, walk, cycle or scooter the 425m length of Glasgow life swimming pools?
- Time yourself or challenge a friend to a 425m race.



Swimming Home Warm Up

(HWB 21a,22a)

Task

Complete each activity to warm up.
Here's a [link](#) to a video demonstration.

1. Jumping jacks.
2 minute



3. Side leg swings.
30 seconds each leg
 - place hand on the wall for balance.
 - Switch hand and leg.



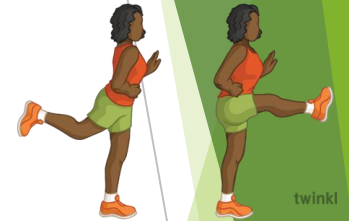
5. Wall sit with arm reach.
30 seconds
 - Continuous and controlled.



Challenge

Now try a swim stroke workout of your choice.

2. Forward leg swings.
30 seconds each leg
 - Place hand on the wall for balance.
 - Turn and switch leg.



4. Half squats.
60 seconds



6. Windmill toe touches.
60 seconds
 - Left hand to right foot.
 - Right hand to left foot.



Synchronized Swimming What is it?

(EXA-02a) (MTH-16a)



It is a creative routine that is performed in the water by a solo/group of swimmers, and it combines Acrobatics, Swimming and Dance.



Synchro swimmers can hold their breath for up to 3 minutes or longer underwater. They can perform skills like twists, splits and acrobatic flips, and must work as a team to make the routine look perfect.

Task : *You will need coloured pencils/pens and paper.*



1. In the picture the synchro swimmers are forming a star shape. Can you **write** down 5 other shapes that they could make, and describe how they would link their bodies together.
2. Now **draw** a picture of one of your shapes showing how the swimmers are linked together.

Challenge

Synchro swimmers always wear eye catching costumes. Using your pencils can you **design** a team costume that is colourful and could be seen in the water by the spectators.

Dry Land Breast-stroke

(HWB-21a,22a)

Task

- Lie across the stool or chair on your tummy
- Your arms in line with your shoulders
- Your legs are slightly lower than your hips.

First try the **breast-stroke legs**.

- Squeeze your legs together, turn your feet out to the side and toes up towards your shins.
- Bend your knees bringing your heels towards your bottom.
- Quickly kick your legs out wide then squeeze them together again.
- Repeat several times.

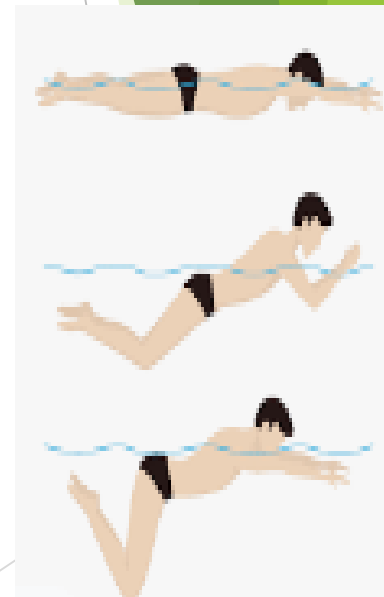
Now for **breast-stroke arms**.

- With your hands under your chin, squeeze your fingers together and cup your hands.
- Stretch your arms out in front.
- Pull your arms backwards and downwards until they are in line with your shoulders.
- Bring hands back to starting position under your chin.
- Repeat several times.

Now put the **leg kick and arm pull together** in this pattern.

PULL – KICK – GLIDE

- Notice that arms and legs do not work at the same time, but at slightly different times.
- Once the stroke is mastered you can try the breathing.



Swimming- Lifesaving

(HWB-21a,22a)

Task

- Practise throwing a ball or empty plastic bottle into a hoop or a marker.
- This can be a jumper or hula hoop as a target.
- Do this 10 times and count how many you land on the marker.

Challenge

- Move the target further away from you.
- Work with another member of your family - who can get most out of 10.

- These activities are ways to help others in difficulty in a swimming pool or river or canal.
- These are all ways to help save someone without going into the water.
- Practising your throwing skills will help you to be able to accurately throw a floating object to someone which they can hold on to in order to swim to safety or wait for further help. **Always alert an adult in an emergency.**



Swim Turns

(HWB-21a,22a)



Task: Practise your turns by doing these activities.

Rocking on your Back

- Lie down on your back on something soft.
- Tuck your knees into your chest, hold them with your hands.
- Tuck your chin in to your chest and rock backwards and forwards.



Rocking on your back

Forward Roll to Stand

- Begin in a crouch position with your arms reaching up.
- Take your weight onto your hands with 10 fingers on the ground.
- Fully tuck your head into your chest, so that contact with the ground is made with the back of the head.
- Stay tucked and push strongly with feet to go head over heels.
- Continue rolling onto your feet, reach forward and stand up.



Tucked forward roll



Swimming Home Front Crawl Workout

(HWB-21a,22a)

Task

Complete the activities below.
Here's a [link](#) to a video demonstration.

Challenge

Repeat the circuit, how many times can you repeat?

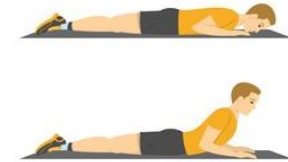
1. Knee to elbow running.
60 seconds



2. Squats to high arms.
60 seconds



3. Back raises.
60 seconds



4. Alternate arm lifts,
lying on stomach.
60 seconds



5. Push up,
2 mountain climbers.
Repeat
30 seconds



6. Flutter kicks on stomach.
30 seconds.



7. Pike, alternative arm pull.
30 seconds

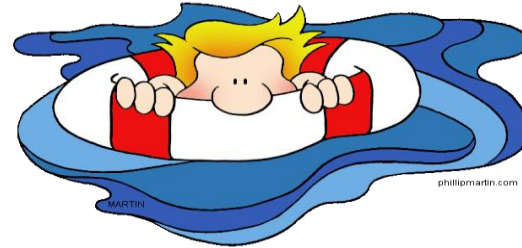


Survival Swimming

(HWB-21a,22a)

Swim Safety.

- What can you do if you get into difficulty while in a swimming pool.
- Shout for help and try to stay calm.
- Try to keep your head above the water and lie on your back.
- Kick your legs hard until you reach the side.
- Hold on to any objects floating in the water. An example would be a float or noodle in a swimming pool or a lane rope nearby until you can get your breath back or someone can assist you.



Hold on to an object nearby until someone can help you.



Lie on your back and kick your legs to get to the side.



Front Crawl Breathing for Beginners

(HWB-21a,22a)



You will need an adult to help supervise with this task.

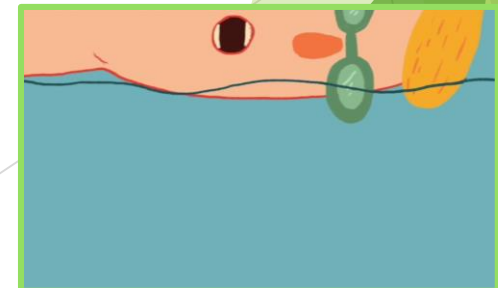
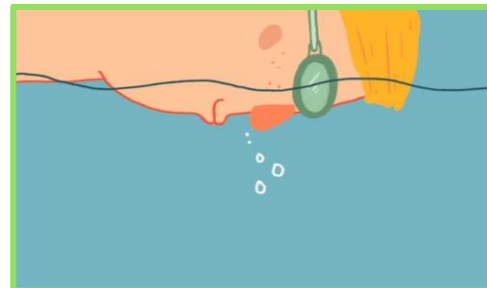
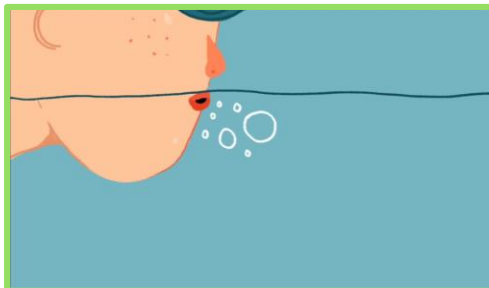
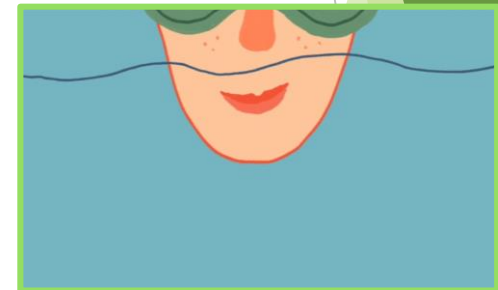
The breathing technique is a vital part of learning to swim front crawl. Learning to breath out under water will help with front crawl breathing action and improve your water confidence.

Task

- You can practice your swimming breathing skills at home.
- Watch this [video](#) and follow the instructions.

Equipment

- A basin filled with water.
- A pair of goggles (only if you have some at home).





Swim Snacks

(HWB-21a,22a,28a) (MNU-03a)

Did you know ...

- Our school swimming lessons are 45 minutes long?
- Being active in the water for 45 minutes could burn off about 130 calories of energy!

Task 1

Choose 2 snacks that you would like after going for a swim. Add the calories together.

Snack Box Calories



125



45



130



50



95



140

Task 2

Create your own fun workout to burn off those snack calories.

Activity Ideas and Calories burned per minute



11



9



10



10



10




10



10

Task 3

Now do your workout and let's see how hard you need to work to burn-off those snacks!
Time yourself using a watch, clock or phone app. 

Synchronized Swimming

(HWB-21a,22a) (EXA-08a)



Synchronize swimmers perform creative routines that incorporate dance and acrobatics. To do this successfully they must be able to make a variety of shapes with their bodies both above water and underwater.

Task

- Create your own routine without the water.
- Look at the following pictures:



- Select 3 shapes from the above and practice linking each of them
- Choose 2 new shapes of your own and add them to the 3 (5 shapes in total)
- Practice the sequence of shapes either lying on your back/balancing in a shoulder stand/or even standing up.

Challenge

1. Practice performing the sequence
2. Choose some music and practice the sequence in time with it
3. Practice it with a partner (facing them, or lying beside them)
4. Try turning the shapes into jumps.

Streamline Position

(SCN-07a) (EXA-02a)



- A **streamline position** is the closest position a swimmer can achieve that's like a fish!
- Being **streamline** helps swimmers be as fast as they can for as long as they can, it helps them cut through the water.
- To find out how to be streamline in swimming watch this [video](#).

This [video](#) explains aerodynamics and drag in cycling.

Task

- Can you think of other sports where you need to be **streamline** to be faster?
- What do sports performers do to help reduce 'drag'? Think about **body position, shape** and the **technology, and equipment** used.

Task

- Choose a sport where you need to be **streamline** to be faster.
- Design and draw your own performer, outfit, and/or equipment which helps to reduce water or air resistance.

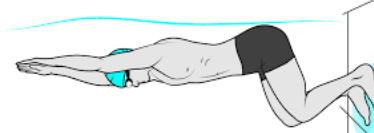


Streamline

(HWB-21a,22a)



Streamline Position



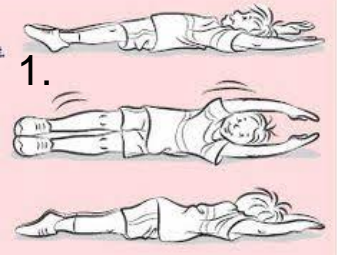
Push Off the Wall



Task: Practise how to stay 'streamline' by doing these activities

1. Streamline Position:

- Lie on the floor with your arms and legs fully stretched and straight, remember to keep your hands together and toes pointed!
- Squeeze your arms and legs together and tense your tummy muscles.
- Roll on to your front and continue rolling on to your back.
- When rolling, were you in a 'streamline' position throughout?



1.



2. Push off the Wall: How many can you do?

- Stand with your feet a comfortable distance apart.
- Place your hands above your head in a streamline position.
- Squat down and up, remember to keep your arms streamline.



Yoga For Swimming

(HWB-21a,22a)

It is important to have good flexibility when swimming, especially in your hips and shoulders. Performing yoga stretches will enhance your range of movement and this will help improve your swimming technique.

Task

Hold each yoga pose for 60 seconds. Relax for 30 seconds between each pose.



Swimming Backstroke Workout

(HWB-21a,22a)



Task

Complete the activities below.
Here's a [link](#) to a video demonstration.

Challenge

Repeat the circuit, how many times can you repeat it?

1. High Knees.
60 seconds



2. Squats to high arms.
60 seconds



3. Lunge ups.
Left leg then right leg.
60 seconds each



4. Reverse plank with arm reach.
30 seconds



5. Mini v-sit ups.
30 seconds



6. Flutter kick on back.
30 seconds



7. Plank twists.
30 seconds



Swimming Gala



(HWB-21a,22a)

The Glasgow Primary Schools Swimming Gala was due to take place in Tollcross International Swimming Centre on 5th May 2021 but has been postponed due to Covid-19 restrictions.

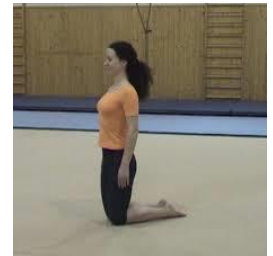


- The swimming gala is a competition between Glasgow Schools.
- The 3 strokes used are the front crawl, back stroke and breaststroke.
- You can win individual medals and gain points for your school.
- The school with the most points wins the overall event.

Task

Race Against Time (How fast can you race? Can someone time you?) OR
Race Against an Opponent (a family member or a friend). Decide on a start line & finish line. *On your marks, Get set, GO!*

- 1. Front Crawl Race** - Start by kneeling on high knees (see picture)
Circle your arms forward alternately while walking on your knees until you reach the finish line.
- 2. Back Stroke Race** - Sitting on the floor with knees bent and feet flat on the floor.
Start by circling right arm back until it's on the floor behind and slide bottom backwards as you straighten your legs. To recover bend knees. Repeat movement and circle the left arm back.
Continue circling arms alternately until you reach the finish line.





Transition for Triathlon

(HWB-21a,22a)

- Swimming is one of three disciplines in a triathlon event, the other two are cycling and running.
- Swimming is the first discipline you take part in when competing in a triathlon. You can swim any stroke.
- The time in between one discipline and the next is known as the transition.
- During the transition you must prepare yourself for the next discipline as quickly as possible.
- The faster a triathlete is during both transitions the faster their overall time will be.

Tollcross International Swimming Centre



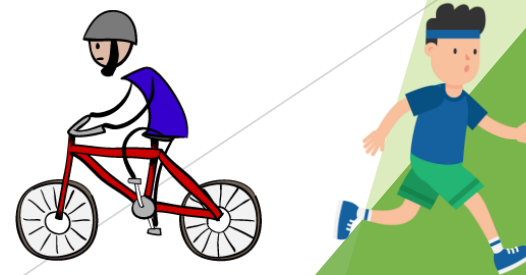
Task

- Time yourself getting dressed in the morning.
- Time yourself making your bed in the morning.
- Time yourself doing both tasks together.



Challenge

- By laying your clothes out in the correct order and being focused on the task, can you get a faster time?
- Now become the timekeeper and time a sibling doing a simple task.



Triathlon Running Drills

(HWB-21a,22a)

Triathlon

- Running is the final stage of the triathlon (swim, cycle, run).
- Completing drills before running improves efficiency.
- The more efficient you run the easier it will be to keep running at the end of an event.

Task – Complete the activity in a space outside.
Here's a [link](#) to the video demonstration.

1. Walking High Knees.
2. Running High Knees.
3. A-skip (Skipping High Knees).



4. Heel Flicks.
5. Alternate Heel Flick.



6. Side Steps.



7. Cross-overs.



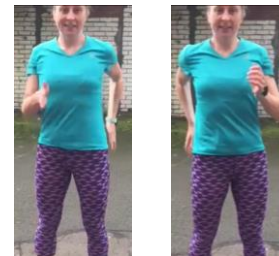
8. Lunges.



9. Low Skip.
10. Skipping.
11. Power Skip.



12. Fast Arms.



13. Running strides.

