



Tudor Grange
Worcester

Skills Action Service SAS Swimming



SAS

Learning Journey

Improve and develop basic and advanced swimming skills.

Classroom Learning

Learning Stop 1

How do I act correctly in a swimming pool ?

Learning Stop 2

How do I improve a stroke successfully?

Home Learning

Home Learning Stop One:

Research a famous swimmer.

Home Learning Stop Two:

Create a poster showing the benefits of swimming.

Service

Develop a Skill for Life.



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SAS Swimming



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Key Language

Word	Definition	In context
stroke	Repeating a specific body motion to propel the body forward.	They found that front crawl was the easiest stroke to master.
dive	To jump into water, especially with your head and arms going in first, or to move down under the water:	They dived down to the wreck to look for treasure.
freestyle	Freestyle is not actually a stroke but a category in swimming competitions.	Freestyle events permit athletes to use any style of swimming they choose.
front crawl	A style of swimming in which the swimmer faces downwards and moves their arms alternately in strokes.	The front crawl is sometimes known as freestyle as it is the most commonly chosen stroke.
stamina	Having stamina for something means being able to stick with something for periods of time.	During basic training, a soldier will run lots of miles to increase his physical stamina.
resilience	Resilience is being able to manage stress and challenges that life brings and bounce back from it.	The rescue workers showed remarkable resilience in dealing with the difficult conditions.
treading water	When treading water people float in an upright position by moving their legs slightly.	He kept afloat by treading water.
alternate	Alternate means every other or different.	The weather tends to alternate; one day it rains, the next it is sunny.
pool noodles	A pool noodle is a cylindrical piece of flexible, buoyant polyethylene foam.	They used the pool noodles to help them float.
backstroke	A way of swimming in which you lie on your back, move one arm and then the other straight behind you so that they pass the sides of your head, while kicking with your legs.	He was fifth in the 200m backstroke.