

9: swim & survival

teacher's notes

- 1) This activity is designed to be completed at the local pool, possibly during a prac double & preferably early in the semester. This way you can develop an initial impression of a) student competence & confidence in & around water, & b) student cooperativeness during excursions. You will also have a record of swimming & self-rescue ability.
- 2) Students, of course, will need to be monitored closely, & in most cases, take turns to practise & perform tasks.
- 3) Skills can be assessed as a part of a "routine." For example, students can enter the water with a slide entry, swim 50m wearing outer clothing, remove outer clothing in deep water, continue swimming, etc.
- 4) Most of these skills are taught as a part of general bronze courses, & are described in various manuals.
- 5) Some of the tasks inevitably have a competitive element that provides extrinsic motivation.
- 6) You would expect the boys to be less buoyant than the girls (buoyancy being one of a series of physiological advantages that females have over males!).