

# TEACH

A SKILL FOR LIFE!



## **Travelling through a simulated storm.**

Students line up along the edge of the pool, facing the pool wall then take four steps back allowing enough room for students to swim safely between them and the wall, then simulate a storm with the use of kick boards

One student at a time travels with/on their kickboard slowly and safely through the turbulence of the storm created by the students with kickboards.

## **Teaching points:**

Ensure students face away from the storm to breathe  
Ensure all students are confident and comfortable with the activity  
Closely supervise students at all times

## **Extension: Propulsion in a current.**

Use a combination of learnt propulsive skills (traditional and non-traditional) and those that are in the learning phase.

- Make a channel of moving water by half the students facing the others two meters apart, using kickboards students all move the water in the same direction. Individually students propel with and against the current.
- Students can also paddle body boards against the current and try a 360-degree rollover.

## **Teaching points:**

- Ensure students face away from the storm to breathe
- Ensure all students are confident and comfortable with the activity
- Closely supervise students at all times.

**Outcome:** Student gain knowledge of various forms of propulsion in rough water as opposed to calm pool water. A feeling of being tired and somewhat out of control in rougher water is a learning outcome.

