

TEACH

A SKILL FOR LIFE!



Turbulent Waters

Moving water creates turbulence and flow that impacts on movement and propulsion in water. Students need to have knowledge, skill and understanding of the impact and force of turbulent, flowing water; it's rare in open water environments to find still, calm and warm water like that in the learning environment. Providing students with a 'feel' and the impact of moving water aids their knowledge and understanding of the broader aquatic environment.

Activity

Activity is graded, planned and modified to suit student competency and readiness.

Infants with Parents, or older adults class

A simple whirlpool can create turbulence for parents and infants moving through, around and across a whirlpool circle.

- How did the parents move?
- What position did they hold the children in?
- Did the parents feel stable or unstable?
- Teach that a wide stance and step motion is more stable
- Where might they feel this type of water force and movement?

Learning Propulsion with Turbulence – Preschool, Primary, Adults

Use a circle shape and whatever form of propulsion is being currently taught is used for propelling outwards from the circle (for example - front or back torpedo, F/S, B/S etc or vertical movement (walk forward, backward, sideways etc). The AUSTSWIM teacher signals students when to stop; they recover to a stand and run as fast as possible back to the middle of the circle and repeat several times.

Teaching Points:

- The stand requires effort against moving water
- Running into the centre of the circle moves water inwards; students then have to propel against this force as they swim out again
- Running with hand paddle action increases movement of water and demonstrates to students that fast vertical movement through water requires effort and is tiring.
- Stroke and performance correction is given to individual students as they return to the centre of the circle.
- The teacher moves in and out of the circle with students to ensure full visual supervision is maintained