

Comprehensive Swimming Unit Plan for Grade 10 Intermediates

Unit Duration: 6 weeks

Lessons per Week: 3

Lesson Duration: 60 minutes

Alignment with IGCSE Physical Education Standards

The British Curriculum and IGCSE guidelines emphasize the development of physical skills, understanding of rules and techniques, teamwork, and personal improvement. This swimming unit plan aligns with these educational goals through the following aspects:

Skill Development: Each lesson targets specific technical skills pertinent to swimming, including various strokes, starts, turns, and finishes. The detailed rubrics developed for assessment ensure that both learners and instructors have clear benchmarks for technical mastery, akin to those outlined in IGCSE standards.

Teamwork and Sportsmanship: Activities like relay races and synchronized swimming encourage cooperative learning and team spirit, which align with IGCSE objectives regarding social and cooperative skills.

Personal Improvement and Self-assessment: The use of video analysis and personal reflection sessions encourages students to evaluate their own performances, set goals, and track progress, meeting the IGCSE aim of fostering personal responsibility in learning and development.

Health and Fitness Knowledge: The unit plan reinforces the importance of fitness and technique in improving swimming performance, directly relating to IGCSE objectives that focus on understanding how physical activity contributes to health and well-being.

This comprehensive and fun approach to teaching swimming not only enhances students' technical skills but also aligns with core educational standards that prepare them for broader physical education competencies.

Target Skill Level: Intermediate Swimmers

Unit Objectives

Develop comprehensive proficiency in freestyle, backstroke, breaststroke, and butterfly (remember this one is difficult!).

Master starts, turns, and finishes for competitive swimming.

Enhance overall swimming endurance, technique, and speed.

Weekly Breakdown

Week 1: Introduction and Baseline Assessment

Objective: Establish skill baselines; introduce unit structure.

Activities:

Pre-assessment of each stroke over 50m and diving skill.

Safety briefing and equipment orientation.

Discuss lesson goals and evaluation methods.

Mechanical Details:

Freestyle: Focus on body position, flutter kick, high elbow recovery, breathing every 3 strokes.

Backstroke: Emphasize head position, straight arm recovery, continuous kicking.

Breaststroke: Teach glide phase, frog kick, and pull-breath-glide sequence.

Butterfly: Introduce simultaneous arm motion, dolphin kick, and breath-timing.

Assessment:

Video recording each swimmer for initial technique and performance.

Rubric-based evaluation focusing on basic mechanics.

Differentiation:

Beginners: Simplified drills focusing on balance and breathing.

Intermediate: Adding distance with feedback.

Advanced: Introduce technique refinement and pacing.

Week 2: Freestyle Mastery

Objective: Perfect freestyle mechanics and endurance.

Key Techniques:

Body Position: Horizontal alignment, streamlined body.

Arm Stroke: High elbow catch, mid-line pull.

Kick: Steady and consistent flutter kick.

Breathing: Bilateral breathing for balance.

Activities:

Skills Drills: Catch-up drill, fingertip drag, breathing patterns on sides.

Endurance Build-Up: Pyramid sets (e.g., 50m, 100m, 200m, back down).

Video Analysis:

Weekly video feedback sessions for self and peer evaluation.

Visible improvements in streamlining and stroke efficiency.

Differentiation:

Beginners: Focus heavily on kickboard drills and simple breathing exercises.

Intermediate: Incorporate intervals and technique-focused sets.

Advanced: Advanced flip turn practice and race-paced sets.

Week 3: Backstroke and Turns

Objective: Improve backstroke technique and integrate competitive turns.

Key Techniques:

Body Position: Slightly turned shoulders, water level ears.

Arm Stroke: Alternating straight arm recovery and pull.

Kick: Continuous flutter, moderate tempo.

Turns: Emphasize on back-to-breast transition, mastering flip turns.

Activities:

Backstroke Drills: Thumb exit drills, six-kick switch.

Turn Drills: Practice open and flip turns with wall focus.

Video Analysis:

Compare pre and post-turn execution videos.

Differentiation:

Beginners: Basic backstroke and touch turns.

Intermediate: Focus on smooth turns and quick transitions.

Advanced: Focus on underwater streamline and breakout speed.

Week 4: Breaststroke and Dives

Objective: Enhance breaststroke efficiency; refine dive mechanics.

Key Techniques:

Stroke Mechanics: Timing – pull, breathe, kick, glide.

Dive Mechanics: Low, powerful launch; streamlined entry.

Activities:

Breaststroke Drills: Glide focus, hands-on-wall starts.

Dive Practice: Block starts with streamlined positioning off the blocks.

Assessment:

Underwater videotaping to analyse stroke timing and dive efficiency.

Differentiation:

Beginners: Practice from side starts, emphasize kick.

Intermediate: Integrate full starts and longer glide phases.

Advanced: Focus on maximizing dive entry and reducing surface time.

Week 5: Butterfly and Finishes

Objective: Refine butterfly stroke; learn effective race finishes.

Key Techniques:

Butterfly Mechanics: Coordinated kick and arm recovery, rhythmic breathing.

Finishing Techniques: Fast, controlled touches, body position management at race end.

Activities:

Butterfly Drills: Focus on two-kick cycle, low-resistance recovery drills.

Finishing in Butterfly: Smooth, consistent stroke into wall touch, maintaining momentum for quick finish.

Activities:

Butterfly Drills:

Body Dolphin Drill: Using fins, focus on timing and fluid body motion.

One-Arm Drill: Isolate stroke components, alternating arms to focus on form and breath timing.

Finish Drills:

Race Finish Practice: Sets of timed 25m or 50m emphasizing finish speed and wall technique.

Wall Approach Drills: Work on judging distance to wall and optimal stroke count.

Video Analysis:

Students create a compilation of butterfly stroke and finishes for critique and improvement spotting.

Encourage the use of slow-motion footage to clarify timing issues.

Differentiation:

Beginners: Single focus on breathing and kick technique.

Intermediate: Emphasize the importance of timing and incorporate full stroke integration.

Advanced: Focus on strategies for maintaining speed during longer swims, and refining finishes.

Week 6: Consolidation and Summative Assessment

Objective: Conduct final assessments, consolidate skills across all strokes, and celebrate achievements.

Activities:

Build up to a mock competition that includes starts, all strokes, turns, and finishes.

Final review session using video portfolios showing progress and techniques applied.

Reflection and goal setting for future improvement.

Summative Assessment:

Comprehensive timed sets for each stroke with video documentation.

Use a rubric to assess improvement in technique, efficiency, and speed.

Self and peer assessments using structured evaluation sheets.

Rubrics and Evaluation Criteria:

Comprehensive criteria covering technical proficiency in arm movements, kick, body position, breathing, turn efficiency, and race finishes.

Include qualitative feedback from students about personal improvement.

Encouragement and Reward System:

Use a reward chart tracking improvement in times, technique mastery, and effort.

Certificates for Most Improved, Best Technique, and Best Sportsmanship.

In-Depth Mechanical Details and Teaching Techniques

Freestyle

Body Position: Encourage horizontal alignment, add buoyancy drills.

Arm Technique: Teach high-elbow catch drilling with paddles for resistance.

Kick: Flutter kicking drills with fins to build proper rhythm.

Breathing: Bilateral drills and one-arm drills to adjust rhythm.

Backstroke

Body Position: Shoulders rotated slightly with ears submerged.

Arm Technique: Work on thumb exiting the water first and pinky entering.

Kick: Consistent, narrow flutter kicks using a kickboard.

Breaststroke

Body Position: Teach the flat glide position using pull buoys.

Arm Technique: Sculling for understanding drag and propulsion.

Kick: Frog kick using fins to minimize resistance, maximizing power.

Timing: Sequence: pull – breathe – kick – glide.

Butterfly

Body Position: Use dolphin motion drills for whole-body propulsion.

Arm Technique: “Keyhole” pull motion; single-arm drills for symmetry.

Kick: Dolphin kicks with a board to focus on power and consistency.

Breathing: Limit breaths for rhythmic consistency; practice apex breath timing.

Turns

Technique for Flip Turns: Teach streamlined rotations with gradual difficulty increase using wall markers.

Open Turn Execution: Hands-on wall transitions swiftly.

Backward Rotation Drills: Flip transitions for more efficient wall touches.

Dives

Start Technique: Skill-building with vertical jumps to combine height and distance coverage.

Dive Precision: Focus on angle of entry to reduce momentum loss.

Practice with Progression: Start from poolside, move to block jumping.

Video and Formative Assessment Tools

Use underwater cameras to capture nuances in stroke form.

Feedback sessions after each recorded session with individualized plans for improvement.

Encourage students to set personal goals using video evidence of their technique improvements.

This comprehensive plan facilitates learning through evidence-based assessments and practice that adjusts according to skill level. It aims not only to develop swimming proficiency but also to instill confidence and self-awareness in students' abilities and potential improvements.

Rubrics for Swimming Evaluation

Each rubric is scored out of 10 points, focusing on key technical components of each skill, which are then weighted where applicable.

Freestyle Rubric

Body Position (2 points)

2 points: Streamlined and horizontal, minimal drag.

1 point: Occasionally streamlined, slight drag.

0 points: Poorly streamlined, significant drag.

Arm Technique (2 points)

2 points: High elbow catch, efficient pull and recovery.

1 point: Inconsistent elbow positioning, moderate catch.

0 points: Low elbow catch, inefficient pull.

Kicking (2 points)

2 points: Consistent, powerful flutter kick.

1 point: Inconsistent kick, some propulsion.

0 points: Weak or no kick, little propulsion.

Breathing Technique (2 points)

2 points: Consistent bilateral breathing with minimal disruption.

1 point: Unilateral or inconsistent breathing, moderate disruption.

0 points: Poor breathing technique causing drag.

Overall Timing/Rhythm (2 points)

2 points: Smooth, even pace and timing.

1 point: Variable pace and timing.

0 points: Inconsistent, inefficient pace.

Backstroke Rubric

Body Position (2 points)

2 points: Head aligns in water, body straight.

1 point: Slight misalignment, occasional body sway.

0 points: Head and body tilted, off-balance.

Arm Technique (2 points)

2 points: Straight arm recovery, deep pull.

1 point: Bent elbows, moderate pull.

0 points: Poor recovery, shallow ineffective pull.

Kicking (2 points)

2 points: Continuous, steady flutter kick.

1 point: Inconsistent kick, varied propulsion.

0 points: Irregular kick, minimal propulsion.

Turn Technique (2 points)

2 points: Efficient back-to-breast transition.

1 point: Present but needs refinement.

0 points: Inefficient or incorrect transition.

Overall Rhythm (2 points)

2 points: Well-paced, consistent rhythm.

1 point: Occasionally breaks rhythm.

0 points: Lacks rhythm and coordination.

Breaststroke Rubric

Body Position and Glide (2 points)

2 points: Streamlined body with effective glide.

1 point: Some drag, intermittent glide.

0 points: No glide, excessive drag.

Arm Technique (2 points)

2 points: Effective pull, clear sculling.

1 point: Partial pull, inconsistent sculling.

0 points: Poor pull, ineffectual motion.

Kick (2 points)

2 points: Powerful, well-timed frog kick.

1 point: Inconsistent timing, moderate power.

0 points: Ineffective kick leading to drag.

Breathing and Timing (2 points)

2 points: Synchronized pull, breathe, kick, glide.

1 point: Some synchronization, uneven rhythm.

0 points: Poor timing, unsynced actions.

Overall Coordination (2 points)

2 points: Smooth transitions between phases.

1 point: Adequate, but visible lapses.

0 points: Disjointed, lacking coordination.

Butterfly Rubric

Body Coordination (2 points)

2 points: Synchronized body undulation.

1 point: Partial synchronization.

0 points: Lacks synchrony, inefficient movement.

Arm Technique (2 points)

2 points: Simultaneous arm pull and recovery.

1 point: asymmetrical or delayed recovery.

0 points: Ineffective, disjointed arm movement.

Kick (2 points)

2 points: Strong, consistent dolphin kick.

1 point: Fluctuating force and timing.

0 points: Weak or misaligned kick.

Breathing and Timing (2 points)

2 points: Synchronized with arm recovery.

1 point: Inconsistent timing, moderate interruption.

0 points: Ineffective, disrupting overall motion.

Endurance and Rhythm (2 points)

2 points: Maintains rhythm and power throughout the length.

1 point: Rhythm varies, visible fatigue.

0 points: Loses rhythm early, major fatigue impact.

Dive Rubric

Start Technique (2 points)

2 points: Strong, balanced launch from block.

1 point: Adequate launch, some imbalance.

0 points: Weak, off-balance start.

Streamline on Entry (2 points)

2 points: Narrow, streamlined entry.

1 point: Slight splash, partial streamline.

0 points: Inefficient entry, large splash.

Body Position in Air (2 points)

2 points: Tight, compact body position.

1 point: Loose body, minor aerodynamic issues.

0 points: Sprawling, ineffective body form.

Transition to Stroke (2 points)

2 points: Seamless transition from dive to stroke.

1 point: Delayed transition, moderate streamline.

0 points: Poor transition, excessive drag.

Overall Power and Control (2 points)

2 points: Maximum distance covered under water.

1 point: Moderate distance, needs better control.

0 points: Limited distance, weak dive.

Turn Rubric

Approach to Wall (2 points)

2 points: Optimal stroke count and streamline.

1 point: Close to optimal with minor misjudge.

0 points: Poor wall approach, ineffective stroke count.

Turn Execution (2 points)

2 points: Quick, tight turn with minimal resistance.

1 point: Adequate execution, some resistance.

0 points: Slow or ineffective turn.

Push-off Power (2 points)

2 points: Strong, powerful push-off.

1 point: Moderate push-off, some loss in power.

0 points: Weak push-off, major power loss.

Streamline Underwater (2 points)

2 points: Perfect streamline, efficient glide.

1 point: Good streamline, minor inefficiency.

0 points: Poor streamline, major drag issues.

Timing and Coordination (2 points)

2 points: Timed perfectly, smooth reentry.

1 point: Good timing, slightly off coordination.

0 points: Poor timing and coordination.

Finish Rubric

Approach Control (2 points)

2 points: Optimal stroke length to finish.

1 point: Slight miscalculation, requires adjustment.

0 points: Poor judgement in stroke finishing.

Last Stroke Execution (2 points)

2 points: Strong, efficient last stroke.

1 point: Adequate power in last stroke.

0 points: Weak final stroke, poor approach.

Touch Technique (2 points)

2 points: Firm and precise wall touch.

1 point: Touch with moderate precision.

0 points: Inaccurate or careless wall touch.

Body Position (2 points)

2 points: Maintains speed and streamline to finish.

1 point: Some loss in streamline or speed.

0 points: Significant drag or loss of speed.

Overall Finishing Speed and Control (2 points)

2 points: Maximal speed maintained to finish.

1 point: Fairly good speed and control.

0 points: Poor control, substantial speed loss.

Fun stuff to add to lessons.

Week 1

Lesson 1: Freestyle Relay Race

Objective: Encourage team spirit and practice freestyle technique in a competitive, fun setting.

Activity: Divide the class into two teams. Each swimmer completes 25m of freestyle before the next team member dives in. This helps reinforce speed and breathing techniques under pressure.

Lesson 2: Backstroke Bingo

Objective: Improve backstroke form and build confidence.

Activity: Create a bingo card with different backstroke techniques (straight arms, high elbows, consistent kick, etc.). Swimmers aim to perform as many of these as possible during a length of the pool. First to complete a "bingo" wins.

Lesson 3: Breaststroke Log Roll

Objective: Strengthen core balance and refine glide techniques.

Activity: Swimmers perform a breaststroke with a glide, then roll into a back float without breaking the glide, then back onto their front. This exercise promotes balance and transition smoothness.

Week 2

Lesson 4: Butterfly Undulation Race

Objective: Enhance butterfly stroke timing and core strength.

Activity: Have swimmers practice the body undulation of butterfly without hand recovery. Race across the pool focusing on the kick and body rhythm. It's a great workout for timing and power.

Lesson 5: Dolphin Dive Contest

Objective: Practice starts and streamline underwater.

Activity: Use hoops submerged at various depths. Swimmers must dive through each hoop before resurfacing. Award points for smoothness and style.

Lesson 6: Turn Technique Tag

Objective: Reinforce effective turn techniques.

Activity: Swimmers play a game of tag where they can use flip turns to avoid being tagged. The only rule is they must touch the wall before turning to swim away from the "it" swimmer.

Week 3

Lesson 7: Freestyle Kick-Off

Objective: Improve flutter kicking speed and endurance.

Activity: Each swimmer races using a kickboard to propel themselves across the pool. Encourage them to use learned techniques for maximum propulsion.

Lesson 8: Backstroke Treasure Hunt

Objective: Enhance backstroke navigation and confidence.

Activity: Drop weighted objects or laminated pictures at the bottom of the pool. Swimmers must navigate on their backs to collect them. Encourages spatial awareness and water comfort.

Lesson 9: Breaststroke Obstacle Course

Objective: Refine coordination and reaction to obstacles.

Activity: Set up floating obstacles that require precise gliding to pass through. Swimmers weave and glide in breaststroke fashion, focusing on timing their strokes for optimal accuracy.

Week 4

Lesson 10: Butterfly Balloon Pop

Objective: Encourage speed and power in butterfly.

Activity: Attach balloons at intervals along the lane line. Swimmers burst the balloons on the surface with a butterfly stroke. This focuses on power and hand entry position.

Lesson 11: Relay Dive Dance

Objective: Combine competition with start practice.

Activity: Teams relay across the pool performing their best dive start. Each leg of the relay must feature a dive with a style theme called out by the instructor (e.g., "hip hop," "creative").

Lesson 12: Turn-and-Tag

Objective: Improve agility in water and promote effective turning.

Activity: Swimmers must reach each wall with a tagged flip or open turn before tagging their team. The focus is on fast, efficient turns. Teams compete for the best timed completion.

Week 5

Lesson 13: Wave Maker

Objective: Practice synchronized movements and entries.

Activity: All swimmers line up at the pool edge and perform a dive or sliding entry in quick succession to create a wave effect in the pool. Mix up entry styles for different wave effects. Take video.

Lesson 14: Finishing Frenzy

Objective: Practice powerful end-of-race strokes with style.

Activity: Post objects at the finishing line. Swimmers race to touch them using various strokes, emphasizing perfect technique for the last strokes before touching the wall.

Lesson 15: Pool Treasure Dive

Objective: Reinforce dive skills and control in water.

Activity: Drop a variety of items of varying difficulty to retrieve around the shallow end. Time divers on effective dives to gather "treasures" and bring them back to the start.

Week 6

Lesson 16: Synchro Swim Relay

Objective: Create teamwork and cooperation through synchronized swimming.

Activity: Teams perform a short synchronized routine set to a theme. The focus is on coordination and timing, with points awarded for creativity and execution. Each team member must contribute to the choreography, emphasizing teamwork in building the core swimming skills.

Lesson 17: Backstroke Bowling

Objective: Enhance backstroke precision and positioning in open water space.

Activity: Set up floating pins (cones or plastic bottles) that swimmers must knock over by accurately navigating their backstroke straight into them. This encourages precision in body alignment and stroke efficiency.

Lesson 18: Ultimate Swimming Tag

Objective: Use learned techniques in a fun, fast-paced game.

Activity: In a large section of the pool, swimmers play tag where they can apply any stroke to evade catchers. They must use dives, turns, and strategic swimming speeds to excel in this game, utilizing all acquired skills for their tactical advantage.

These fun games are designed to reinforce the skills learned during the lesson while promoting enjoyment, engagement, and camaraderie amongst the students. They provide an opportunity for students to apply their learning in creative and dynamic ways, enhancing both proficiency and enjoyment in swimming.