Ye Jung’s Swimming Lesson

An approximate and very rough outline of the lesson I am instructing in Natalie’s swimming trip. All activities and times are approximate.

1) BOBS - “Bobbing” down and up, in and out of the water, just to get wet and used to the water. (20 seconds)

2) FREESTYLE STROKE (2 minutes) - Explaining, teaching, and demonstrating the freestyle stroke, then the class does 4 lenghts of the freestyle stroke (also known as front crawl)

3) BACK STROKE (2 minutes) - Explaining, teaching, and demonstrating the back stroke, then the class does 4 lengths of the back stroke (also known as back crawl)

4) BREAST STROKE (3 minutes) - Explaining, teaching, and demonstrating the breast stroke, then the class does 4 lenghts of the breast stroke

5) ELEMENTARY BACK STROKE (3 minutes) - Explaining, teaching, and demonstrating the elementary stroke, then the class does 4 lenghts of the elementary back stroke.

[Tentative] 6) BUTTERFLY (3 minutes) - Explaining, teaching, and demonstrating the dolphin kick, and then the butterfly stroke, then the class does 2 lenghts of the butterfly stroke.

7) PRACTISING RELAY TURNS (4 minutes) - Explaining, teaching, and demonstrating how competitive swimmers effectively and quickly turn and swim the other way as they approach the end of the lane without stopping or slowing down. The class will then take what they learned to turn epicly like me. (Just kidding.) They will be asked to swim using a swimming technique that they have learned.

8) TREADING WATER (Time may vary) - Explain and demonstrate the “eggbeater” motion of the legs, and how to incorporate it to “tread water” or keep afloat. The class will then tread water for about 30 seconds to 1 minute as practice, then there will be a competition to see who can tread water the longest. This part of the lesson will be in the deep end.

This is just a one day lesson. If swimming turns out to be for more than one day, I will prepare more lessons.

Ye Jung’s Swimming Lesson 2

So since there are two days of swimming scheduled (Wed, Jan 15 and Wed, Jan 22) here is my day 2 lesson outline.

1) BOBS (10 seconds)

2) REVIEW WHAT WAS LEARNED (5-10 minutes) Review the freestyle, back stroke, breast stroke, elementary back stroke, butterfly (if applicable)

3) DOLPHIN KICK (2-3 minutes) - Explaining, teaching, then demonstrating the dolphin kick, including how to breathe properly during dolphin kick, then the class will do 4-6 lengths of the dolphin kick.

4) FREESTYLE, COMPETITION STYLE (2-3 minutes) - Review more of the freestyle stroke, then proceed to explain, teach, and demonstrate how to swim the freestyle stroke as if students were competing. Swim 6 lengths in this fashion.

5) SWIMMING ENTIRELY UNDERWATER (3-5 minutes) - Students will choose between swimming breast stroke or dolphin kick underwater, and will try to swim for one length without surfacing to breath.

6) REVIEW RELAY TURNS (4 minutes) - Reviewing how competitive swimmers effectively and quickly turn and swim the other way as they approach the end of the lane without stopping or slowing down. The class will swim any way they want.

7) DIVING (2 minutes) - Explaining, teaching, then demonstrating how to dive from the ledge of the pool properly.

8) DEEP END (5 minutes) - As a challenge, students will attempt to swim to the bottom of the deep end, touch the bottom of the pool, then swim back up. Each student will do so individually.

9) TREADING WATER (Time may vary) - Just like the previous lesson.