



Other Sports: Swimming

Sports and Fitness – Elective Step 6

Purpose

In the "Other Sports" Elective Trailmen gain a more detailed understanding of a particular sport. The Trail Guide may choose any sport to accomplish this Elective. The sport described here is only a sample.

1. What is the purpose of this game/sport?
2. What are the rules?
3. What are some different skills needed?
4. What types of exercises help someone get better at this sport?
5. What are the benefits to this sport?




Notes to the Trail Guide

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1. The goal is not for the boys to be experts at these skills, but to gain an increased knowledge and awareness of the skills of this Step.
2. Make it relative to your patrol.
3. Remember, these lessons should build from Fox to Hawk and from Hawk to Mountain Lion.
4. See the Leaders Guide for more information on Steps.

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Skills Progression

	<ol style="list-style-type: none">1. Learn about swimming2. Watch a video of a swim race
	<ol style="list-style-type: none">1. Learn the names of some swim strokes
	<ol style="list-style-type: none">1. Understand that learning to swim can save your life2. Be able to tell the difference between certain swim strokes

Helps

The Trail Guide should be familiar with the *Trail Life USA Health and Safety Guide* prior to doing this Elective.

1. What is the purpose of this sport?
 - a. **Goal:** To learn that there is competition swimming and pleasure swimming.
 - b. **Lesson:** Swimming is an individual sport that can sometimes be a team sport.
 - c. **Examples:**
 - i. Swimming is an Olympic sport. There are also college and high school teams that compete as well as swim clubs.
 - ii. Learning to swim makes one safer in the water. It also makes playing in the water more fun.

2. What are the rules?
 - a. **Goal:** To learn some of the rules of swimming.
 - b. **Lesson:** Swimming competitions have a few key rules. Playing in a pool also has rules.
 - c. **Examples:**
 - i. Competitive pools have swim lanes that keep swimmers from interfering with other competitors.
 - ii. There are different strokes used in different events; also, different distances are used for different races.
 - iii. Some strokes include: freestyle, butterfly, breaststroke, backstroke,...
 - iv. When starting a race, a swimmer must be still until the buzzer (or starter's pistol) sounds. Then he must swim the proper stroke as fast as he can to the other side. Longer races require that he touch the wall and swim back the way he came, sometimes he must swim multiple laps.
 - v. Team events (relays) are where the swimmers take turns swimming in the lane. The next person cannot dive in the water until the first person touches the wall.
 - vi. There are also many games that can be played in the water, some for competition (like water polo) and some for fun. See the Games section below for some fun games.

3. What are some different skills needed?
 - a. **Goal:** To learn skills needed to be a good swimmer.
 - b. **Lesson:** Swimming proper strokes requires lots of practice.
 - c. **Example:**
 - i. Being able to hold one's breath underwater is necessary.
 - ii. Proper leg kicks can be practiced by holding on to the side of a pool or using a kickboard.
 - iii. Proper arm and head movements can be learned on land but must be perfected in the water.
 - iv. Learning to use the wall to "kick-off" is needed when changing directions in a race.

4. What types of exercises help someone get better at this sport?
 - a. **Goal:** To learn different exercises to improve strength and skill.
 - b. **Lesson:** Swimming requires strong arms, hands, legs, and body.
 - c. **Examples:**
 - i. Holding your breath
 - ii. Lifting weights helps improve strength.
 - iii. Sit-ups and other body core exercises improve abdominal muscles.
 - iv. Swimming many laps using proper strokes is key.
5. What are the benefits to this sport?
 - d. **Goal:** To learn how swimming can be a benefit to the Trailman.
 - e. **Lesson:** Knowing how to swim makes one more comfortable around water. Being confident around water can lead to confidence in other areas of one's life.
 - f. **Examples:**
 - i. If one slips and falls into the water, knowing how to swim can help save a life.

Activity Ideas

- See the relevant patrol and branch section of the activities.
- Or, create your own activity relevant to your troop and region.
- Several ideas are listed above in the Helps section.

Game ideas

- Check the games section online for game ideas.
- Or, create a game that works for your patrol.
- Several ideas are listed below.
 - **Sharks and Minnows**
 - All boys (minnows) line up on one side of the room.
 - One boy, who is "it" is the shark. He starts in the middle of the room.
 - All minnows try to run from one side of the room to the opposite without being tagged.
 - Any tagged boy becomes a shark on the next round.
 - All boys must try to cross before they can start to cross back.
 - Games that can be done in a pool:
 - **Marco Polo**
 - One boy closes his eyes and counts to ten. (Or goes under water and holds up his hands and counts to ten using his fingers.)
 - When he comes up he shouts "Marco" and all other boys reply "Polo".
 - He repeats this as he moves "blindly" to try to tag another boy.
 - When he tags someone the tagged boy is "it" and the game starts over.

- This can be done in a meeting room if there are no obstacles and no running.
- **Swimming**
 - Have boys race across the pool.
 - They can all use the same stroke or whatever stroke they want.
- **Underwater**
 - See who can swim the furthest underwater.
- **Hold your Breath**
 - Who can hold their breath the longest?
- **Sharks and Minnows**
 - Same as above, but in a pool.

Scripture

See Other Sports Steps and Electives for verses or search "Bible verses for athletes" or a similar search.

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