

POP! TEACHER RESOURCE



Lesson Plan



Swim Meet

Lesson Plan for *Swimming*

Grade 1

Objective

To help students understand different swimming strokes.

Things Needed

- *Swimming* book
- A large, clear space for playing an active game
- Whistle

Before the Activity

Clear space in the room for an active game. Read Chapter 2 (“Swimming Strokes”) of *Swimming* out loud to students.

Activity

To start, review the different swimming strokes: freestyle, butterfly, backstroke, and breaststroke. Ask students the following questions:

- How do you swim freestyle? (Answer: The legs do a flutter kick, and the arms alternate over the head. A flutter kick is where the feet switch off kicking hard. Alternate means to move one arm after the other.)
- How do you swim butterfly? (Answer: The legs do a dolphin kick, and the arms go up above the head together. A dolphin kick is a leg movement that is similar to how a dolphin moves its tail.)
- How do you swim backstroke? (Answer: Swimmers stay on their backs, and the arms move one at a time over the head. The legs do a flutter kick.)
- How do you swim breaststroke? (Answer: The swimmer’s arms move in a triangle shape underwater. The legs kick like a frog’s legs.)

Explain that you will play a game based on these four swimming strokes. You will call out one of the strokes, and students will imitate the arm and leg movements for it.



Demonstrate the movements for each stroke:

- When you call “freestyle,” students should walk quickly, taking teeny tiny steps like they are doing a flutter kick. At the same time, they should circle their arms up and over their head, alternating one after the other.
- When you call “butterfly,” students should hop, keeping their feet together like they would for a dolphin kick. At the same time, they should circle both arms up and over their heads.
- When you call “backstroke,” students should walk backwards, again taking teeny tiny steps to mimic the flutter kick. At the same time, they should circle their arms one at a time over their head. Remind them to be careful, move slowly, and watch out for other students.
- When you call “breaststroke,” students should squat on the ground and do a frog hop. Meanwhile, they should make a triangle shape with their arms.

Practice these movements together as a class. Then, explain that when you call out a stroke, students must do the movement until you blow the whistle. As soon as they hear the whistle, students must freeze. Students who do the wrong movement or keep moving after the whistle are out.

Evaluation

Do a quick practice round. Then start the game, having students sit on the side of the open area when they get out. The last student left wins.

Standards

This lesson plan may be used to address the Common Core State Standards’ reading standards for informational texts, grade 1 (RI 1.6).

