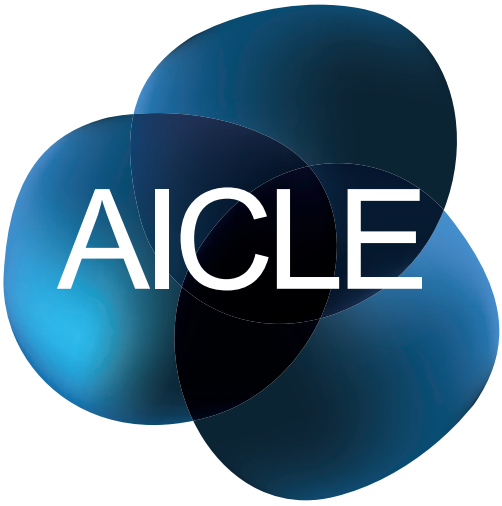
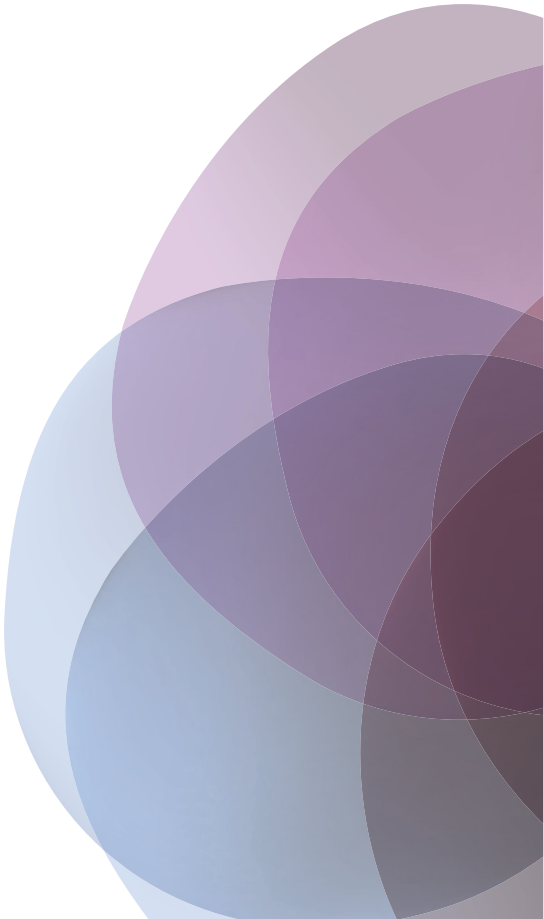
Educación Física

Secundaria

Inglés

JUNTA DE ANDALUCIA





JUNTA DE ANDALUCIA

Identificación del material AICLE

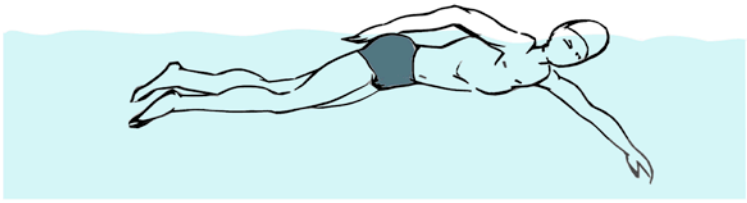
TÍTULO	Swimming
NIVEL LINGÜÍSTICO SEGÚN MCER	A2
IDIOMA	Inglés
ÁREA / MATERIA	Educación Física
NÚCLEO TEMÁTICO	Juegos y deportes
GUIÓN TEMÁTICO	La práctica de las actividades acuáticas supone un medio distinto al habitual del alumnado con lo que supone una motivación extra. El conocimiento de los estilos en natación es importante junto con la práctica. Otras variaciones de la natación como la natación sincronizada, los saltos en natación y el waterpolo suponen actividades acuáticas que el alumnado debe diferenciar.
FORMATO	Material didáctico en formato PDF
CORRESPONDENCIA CURRICULAR	2º de Educación Secundaria
AUTORÍA	José Ramón Arredondo Pérez
TEMPORALIZACIÓN APROXIMADA	7-8 sesiones.
COMPETENCIAS BÁSICAS	- Comunicación lingüística. - Conocimiento e interacción con el medio físico y natural . - Competencia para la autonomía e iniciativa personal. - Competencia y actitudes para seguir aprendiendo deforma autónoma. - Competencia social y ciudadana.
OBSERVACIONES	- Intentar unir la práctica de los estilos de natación a nivel básico con la teoría - Imprescindible tener una instalación deportiva como piscina cerca del entorno

Tabla de programación AICLE

OBJETIVOS	- Conocer y aceptar el funcionamiento del propio cuerpo y el de los otros, respetar las diferencias, afianzar los hábitos de cuidado y salud corporales e incorporar la educación física y la práctica del deporte para favorecer el desarrollo personal y social. Valorar críticamente los hábitos sociales relacionados con la salud contribuyendo a su conservación y mejora
CONTENIDOS DE CURSO / CICLO	- El cuerpo, actividad física y salud - Capacidades físicas - Actividad física y salud - Atletismo II - Actividades físicas recreativas, palas y hockey - Voleibol - Marcha, acampada y carrera de orientación - Swimming
TEMA	- Swimming - Other variations of swimming: - Synchronised swimming - Diving - Waterpolo
MODELOS DISCURSIVOS	- Relacionar conceptos y definiciones de deportes acuáticos - Clasificar los estilos en natación - Diferenciar las diferentes disciplinas en natación
TAREAS	- Gráficos sobre movimientos acuáticos - Tablas con información de distintos estilos - Quizz - Tabla cronométrica
CONTENIDOS LINGÜÍSTICOS	FUNCIONES: - Expresar posiciones del cuerpo - Expresar información en grado superlativo y comparativo ESTRUCTURAS: - You will most often see … - The score is based on - The program consists of … LÉXICO: to swim to float to slide to submerge oneself to swim underwater to breathe crawl freestyle breaststroke butterfly backstroke dive platform diving board synchronized swimming water polo relays kicks frog kick stroke
CRITERIOS DE EVALUACIÓN	-Reconocer a través de la práctica, las diferentes disciplinas de la natación y estilos, se evaluará si el alumnado diferencia los mismos. Posteriormente en cuanto a los procedimientos se analizará si los diferencia correctamente - Incrementar las cualidades físicas y técnicas en natación respecto a su nivel inicial. Se pretende autoexigencia en su esfuerzo para mejorar los niveles. Para la evaluación se deberá tener en cuenta, sobre todo, la mejora respecto a sus propios niveles iniciales y no sólo el resultado obtenido

UNIT
7

Swimming



CONTENTS

1. Swimming

ACTIVITY 1: THE FOUR STYLES OF SWIMMING:
Complete the words

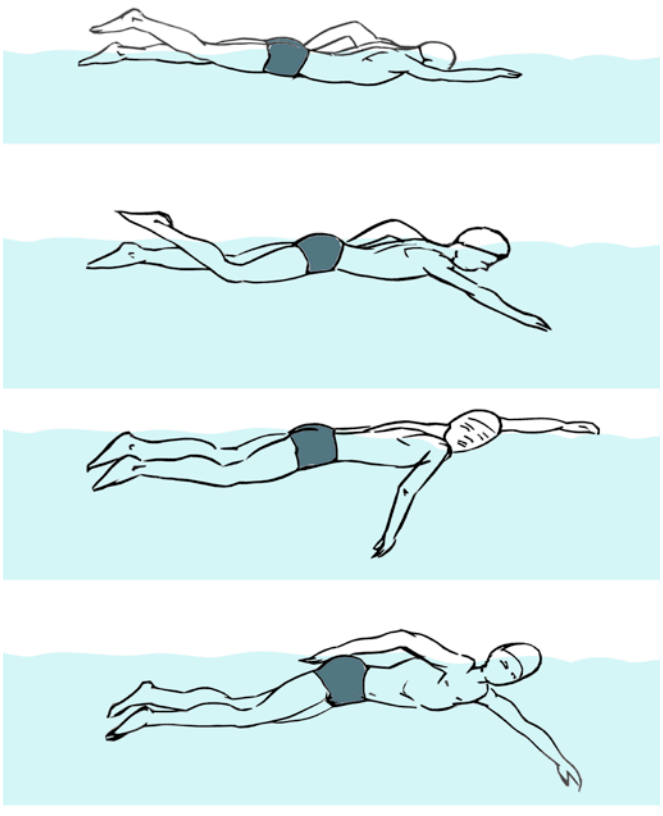
STYLES:
Fre_s_y_e

Fr_nt C_aw_	**Br_as_st_o_e**	**Ba_kst_ok_**	**B_t_erf_y**

Front Crawl

Is the **fastest** stroke, and the one you will most often see people doing face down. The **arms alternate** on the pull and come all the way out of the water.

People who are good at Front Crawl **do not lift** their heads to breathe, they turn towards the side.

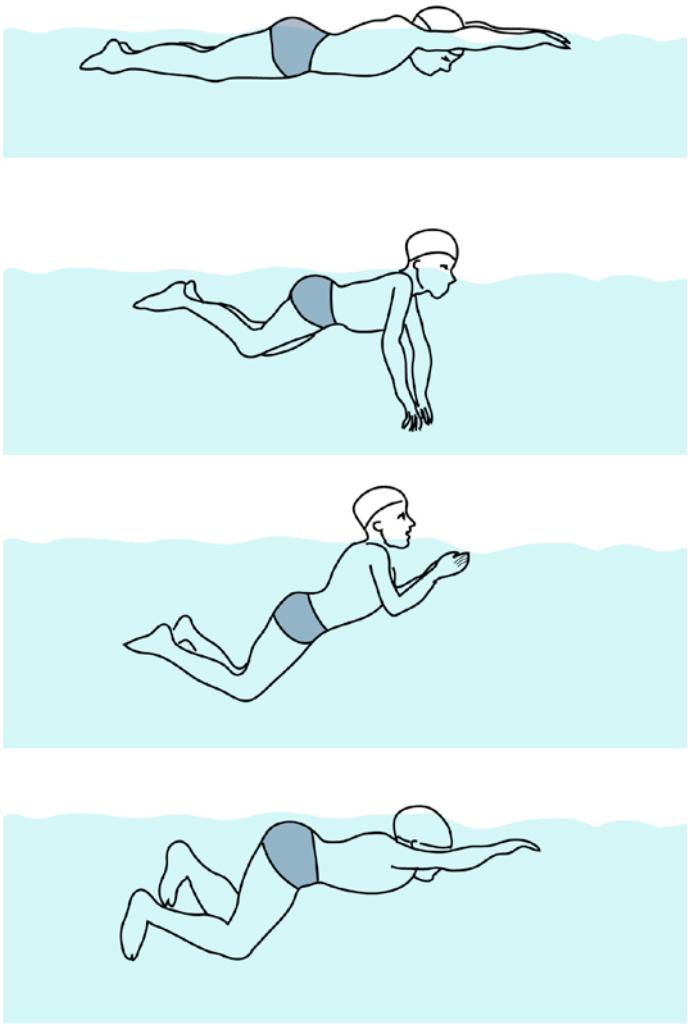


NOTE: Freestyle can be any of the 4 strokes but most people use crawl as it is the fastest.

Breaststroke

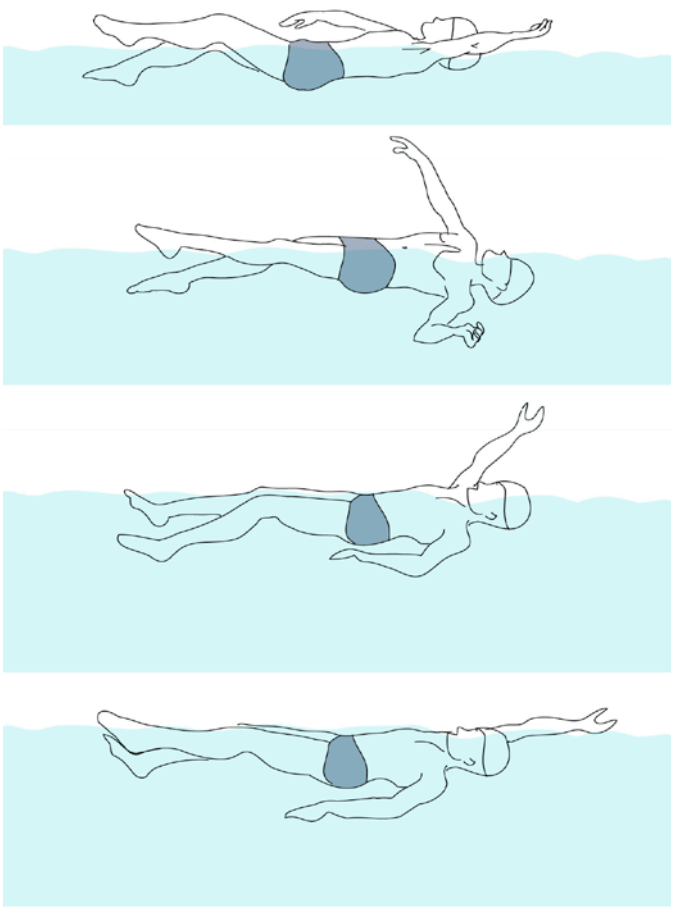
The **arms both pull together**, and stay in the water.

Also, both legs kick at the same time using a frog kick, modified **frog kick** or whip kick.



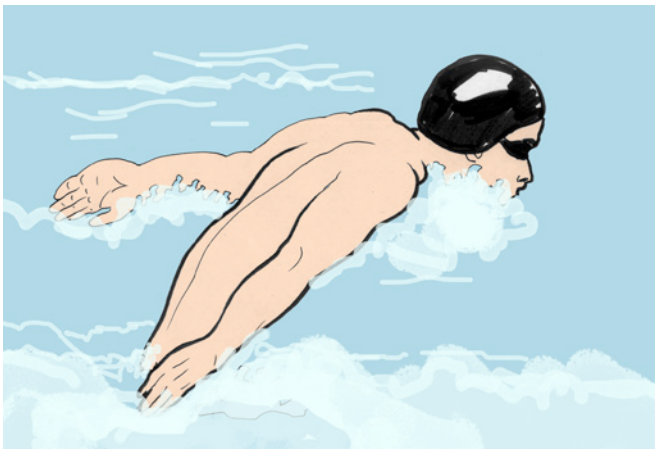
Backstroke

Is the fastest stroke swum on the back.
The arms alternate their pull and the legs alternate their kick.
This kick is called a flutter kick.



Butterfly

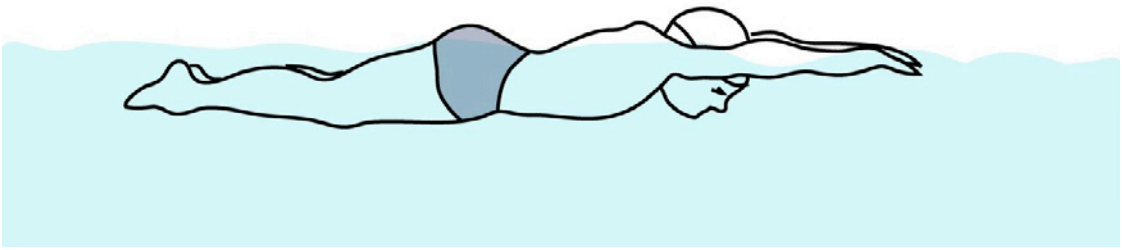
Is swum face down, and uses a pull (arm motion) of both arms at once, and a kick (leg motion) of both legs at once.
The kick is called a **dolphin kick**.



ACTIVITY 2:
Look at pictures A and B:

A

B

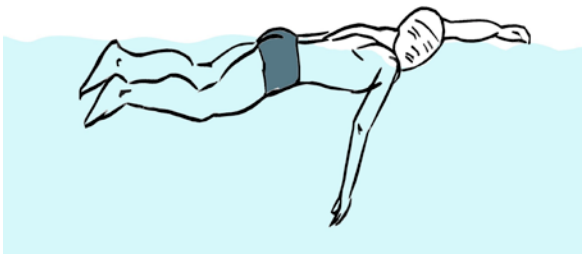


- Which position is more hydrodynamic?

- Which is faster?

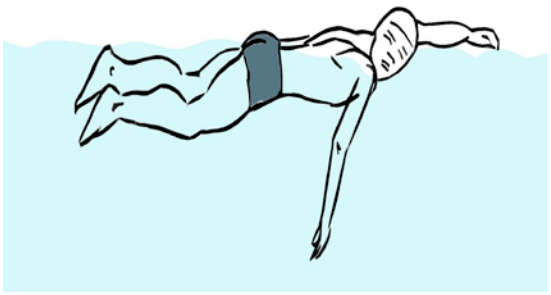
ACTIVITY 3:
Look at the two pictures of a breaststroke swimmer and a front crawl swimmer and note the differences:

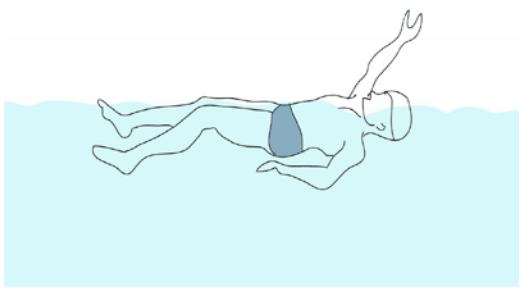
	head	
	inclination (body)	
	arms	
	legs	
	ankles	



ACTIVITY 4:
Look at the two pictures of a backstroke swimmer and a front crawl swimmer and note the differences:

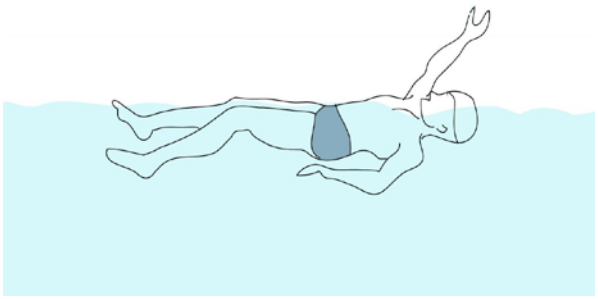
	head	
	inclination (body)	
	arms	
	legs	
	ankles	





ACTIVITY 5:
Look at the two pictures of a backstroke swimmer and a breaststroke swimmer and note the differences:

	head	
	inclination (body)	
	arms	
	legs	
	ankles	



2. Other variations of swimming

2.1. Synchronised Swimming

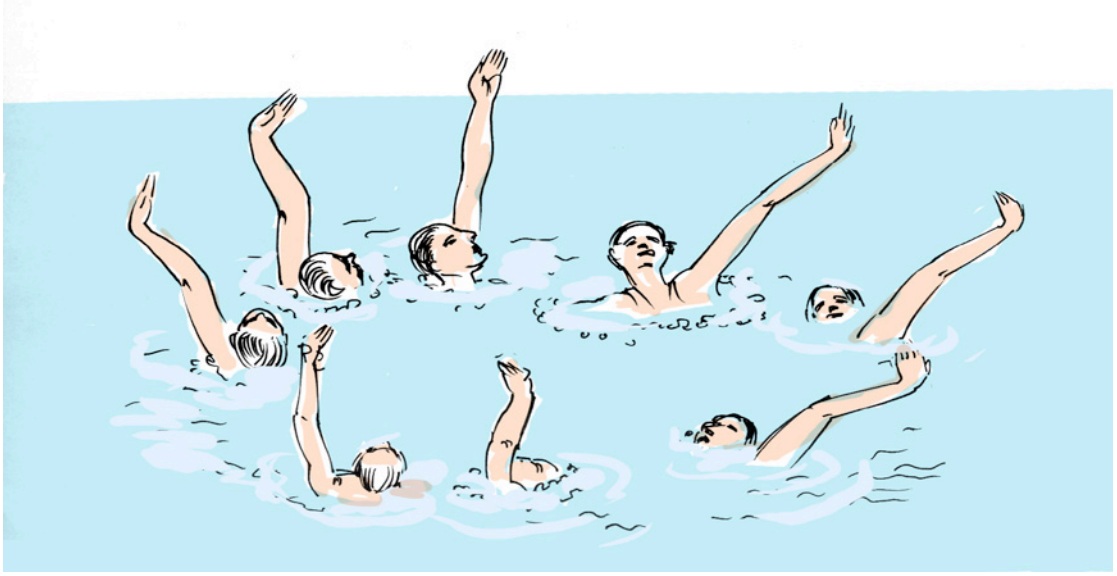
Synchronised swimming is like ballet in water - Swan Lake perhaps!

In this sport, one to eight swimmers perform a dancestyle routine to music in a swimming pool.

There is also a solo and a duet competition version of the sport.

People who do synchronised swimming need good body strength and flexibility.

The swimmers are graded on their performance by a panel of judges on a scale from 0 to 10.



The score is based on the **accuracy**, **the timing**, **height**, **stability**, and **control** over the figures they make.

During the routine the swimmers have to do a list of elements, a combination of figures, and different swimming strokes.

They have to be in a special order.

There is time for the swimmers get to create their own strokes and figures.

It is very important that you smile throughout the whole routine.

- Even when you are underwater!

2.2. Diving

A way of entering the water, head first with both arms outstretched.

If you think diving is only about jumping off a board into a swimming pool, then think again.

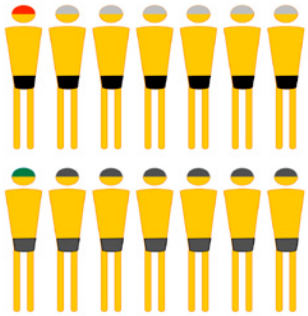
To be a good diver you've got to do lots of clever moves like somersaults, pikes and twists to win points.

The program consists of **1m and 3m Springboard**, **10m Platform** and **Synchronised Diving events** for both men and women

2.3. Water Polo

Water polo is a team water sport, which can be best described as a combination of swimming, rugby and wrestling.

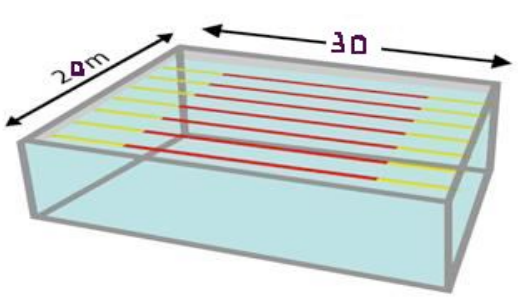
A team consists of six **field players** and one goalkeeper.



A **match** is 4 times of 7 minutes.

The goal of the game resembles that of football (soccer): to score as many goals as possible, each goal being worth one point.

The swimming-pool 30mx20m

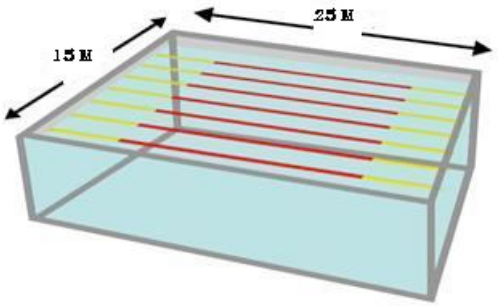


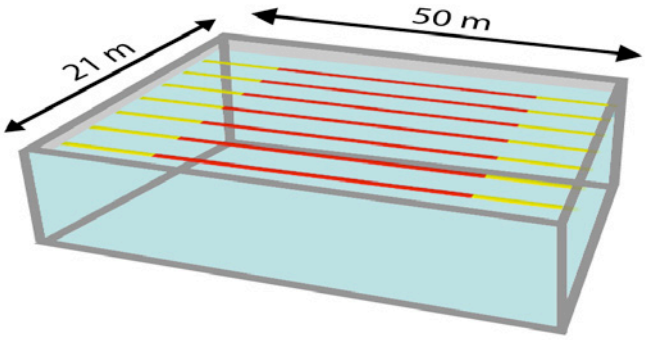
ACTIVITY 6:
True or False?

1.	To swim the breastsroke you must lift your arms out of the water.	
2.	The crawl is the fastest of all the swimming styles.	
3.	All the swimming events begin with diving into the water.	
4.	Open water events are real tests of resistance.	
5.	In water polo a game lasts three periods of six minutes.	
6.	The way you move your feet in the breaststroke is different from the crawl.	
7.	The breaststroke is the only style that you don't take your hands out of the water.	
8.	Synchronised swimmers are always happy.	

RACING: there are two types of swimming race:

1. Races in swimmimg-pools 25 metres long or 50 metres long.

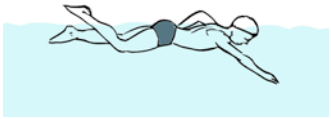




2. Races in open water:

- **5 Km. men and women**
- **10 Km. men and women**
- **50 Km. men and women**

ACTIVITY 7:
Copy the following graph into your notebook and keep a record of your pulse and TIME for 25 metres of freestyle swimming for three weeks.



	PULSE RATE		TIME
	In 15"	In 1´	
1st session			
2nd session			
3rd session			

- When was your best time?

- When was your pulse rate the highest?

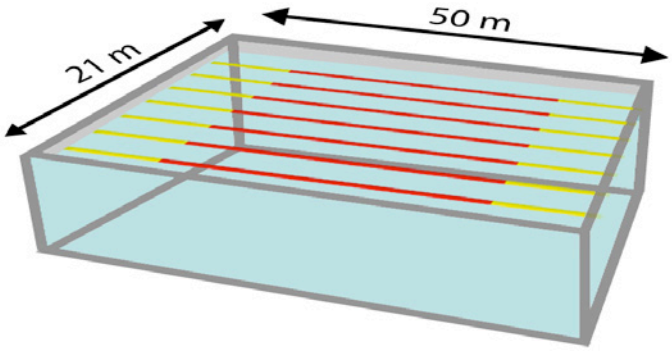
- And lowest?

- Why?

ACTIVITY 8:

You know that there are two kinds of races:

Races in open water and races in swimming-pools 25 by 50 metres.



Can you explain why the swimmers have the best performance in 50 metre swimming pools?

SELF ASSESSMENT Read and tick ✓ where appropriate		YES	NOT YET	NOT SURE
	I can recognize spoken and written words and expressions related to the content of the lesson.			
	I can report information from this unit both orally and in writing.			
	I can talk about different aspects of this unit providing my own opinion or views.			
	I can speak about some of the relevant themes in the unit.			
	I can write and do projects about the topics in the unit.			