

Subject: Physical and Health Education

Class: JSS 2

Topic: Swimming

Swimming is an aquatic sport done for recreation purposes or for competition.

SWIMMING

activity.

3. It is a medal scoring sport.

performed by both boys and girls, men and women.

Olympic sport.

1. Floaters for learners

3. Towel

Swimming trunk/suits

(for women)

learners.

1. Diving board

Swimming pool

room

5. Toilet

DEVICES

life-saving devices available to a swimmer:

float worn on the body under the arms to keep the head and shoulders above water.

2. Life jacket- This is a sleeveless jacket made of buoyant materials to keep afloat.

3. Swim goggles- This is a device worn to protect eyes while swimming.

Whistle- This is an object that is blown to attract attention and help.

STROKES There are five main strokes in Swimming. Four of these are used in both recreation and competition. The fifth stroke (side stroke) is mainly for recreation or life-saving. The main strokes are as follows:

1. The crawl/ freestyle

2. Back stroke

3. Breast stroke

4. Butterfly/Dolphin stroke

5. Side stroke (Rescue stroke)

Reference: Physical and Health Education Handbook 2, page 133- 135.

1. Watch a video clip on the basic skills in swimming.

give the dimensions of a standard swimming pool.

SWIMMING

NATURE OF

1. It is an aquatic

2. It is an individual sport.

4. It is

5. It is an

SWIMMING EQUIPMENT

2. Goggle

4.

5. Headgear

6. Shoe fins for

SWIMMING FACILITIES

2.

3. Shower

4. Changing room

LIFE-SAVING

The following are types of

1. Lifebuoy- This is a a ring-shaped

4.

BASIC SWIMMING

ASSIGNMENT

2. Draw and