

NAME: Mrs. Iwobi

SUBJECT: Physical and Health Education

CLASS: JSS 1

WEEK: 7

TOPIC: Aquatic Sports

Aquatic sports are activities that are performed in, on or under the water. Examples of aquatic sports are swimming, water polo, kayaking, boating, sailing, canoeing etc.

SWIMMING

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

NATURE OF SWIMMING

1. It is an aquatic activity.
2. It is an individual sport.
3. It is a medal scoring sport.
4. It is performed by both boys and girls, men and women.
5. It is an Olympic sport.

SWIMMING EQUIPMENT

1. Floaters for learners
2. Goggle
3. Towel
4. Swimming trunk/suits
5. Headgear (for women)
6. Shoe fins for learners.

SWIMMING FACILITIES

1. Diving board
2. Swimming pool
3. Shower room
4. Changing room
5. Toilet

Dimensions of a swimming pool

A standard swimming pool is 50m long, 25m wide and 2.5m wide in lanes. There are eight (8) lanes in a standard swimming pool.

Basic swimming strokes

1. Front crawl

2. Back stroke
3. Side stroke
4. Breast stroke
5. Butterfly stroke

Safety rules in swimming

1. Ensure there is a lifeguard around the pool.
2. Do not eat heavy meal before swimming.
3. Avoid rough play.
4. Ensure you take a shower before entering the pool.
5. Do not urinate or blow your nose into the swimming pool.

Reference: Physical and Health Education Handbook 1, pages 85-89.

Assignment: List five swimming officials.