



SUBJECT: Physical Education & Health 4

TOPIC: AQUATICS

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SEMESTER: 2nd

GRADE LEVEL: 12

WEEK: 4

COMPETENCY: *Discuss the nature of different recreational activities (PEH12FH-IIa20);*

AQUATICS

What is Aquatics?

- Aquatic Fitness is defined as activities performed in the water that promote and enhance physical and mental fitness. Aquatic Fitness is typically performed in a vertical position in shallow and/or deep water. There are numerous applications to appeal to a wide variety of participants.

Aquatics has a unique place in a balanced physical education program. It provides students with a water-based learning experience through participation in a broad range of structured activities. It provides opportunities for physical, psychological and social development of each student.

PHYSICAL BENEFITS

- Students of all ability levels can develop a range of skills in the water
- Students can improve stamina, functional capacity and local muscular endurance without undue strain on the joints
- Students will have the opportunity to develop a range of skills which can be used throughout their lives.

SOCIAL BENEFITS

Aquatics provides an opportunity to participate in physical activity which can:

- be enjoyed with family and friends
- develop an awareness of safety in or near water
- provide opportunities to share responsibilities and co-operate with others
- become involved in competition at appropriate levels
- Assume different roles and responsibilities i.e., personal safety, co-operation, care of others.

PSYCHOLOGICAL BENEFITS

Students can experience:

- an appreciation of personal success
- an improved self-image and sense of independence
- an enhanced feeling of well being
- An opportunity to experience risk and challenge.

SWIMMING



Swimming, in recreation and sports, the propulsion of the body through water by combined arm and leg motions and the natural flotation of the body. Swimming as an exercise is popular as an all-around body developer and is particularly useful in therapy and as exercise for physically handicapped persons. It is also taught for lifesaving purposes. For activities that involve swimming, see *a/so* diving, lifesaving, surfing, synchronized swimming, underwater diving, and water polo.

History

Archaeological and other evidence shows swimming to have been practiced as early as 2500 BCE in Egypt and thereafter in Assyrian, Greek, and Roman civilizations. In Greece and Rome swimming was a part of martial training and was, with the alphabet, also part of elementary education for males. In the Orient swimming dates back at least to the 1st century BCE, there being some evidence of swimming races then in Japan. By the 17th century an imperial edict had made the teaching of swimming compulsory in the schools. Organized swimming events were held in the 19th century before Japan was opened to the Western world. Among the preliterate maritime peoples of the Pacific, swimming was evidently learned by children about the time they walked, or even before. Among the ancient Greeks there is note of occasional races, and a famous boxer swam as part of his training. The Romans built swimming pools, distinct from their baths. In the 1st century BCE the Roman Gaius Maecenas is said to have built the first heated swimming pool.

The lack of swimming in Europe during the middle ages is explained by some authorities as having been caused by a fear that swimming spread infection and caused epidemics. There is some evidence of swimming at seashore resorts of Great Britain in the late 17th century, evidently in conjunction with water therapy. Not until the 19th century, however, did the popularity of swimming as both recreation and sport begin in earnest. When the first swimming organization was formed there in 1837, London had six indoor pools with diving boards. The first swimming championship was a 440-yard (400-metre) race, held in Australia in 1846 and annually thereafter. The Metropolitan Swimming Clubs of London, founded in 1869, ultimately became the Amateur Swimming Association, the governing body of British amateur swimming. National swimming federations were formed in several European countries from 1882 to 1889. In the United States swimming was first nationally organized

as a sport by the Amateur Athletic Union (AAU) on its founding in 1888. The Fédération Internationale de Natation Amateur (FINA) was founded in 1909.

Competitive swimming

Katie Ledecky

Internationally, competitive swimming came into prominence with its inclusion in the modern Olympic Games from their inception in 1896. Olympic events were originally only for men, but women’s events were added in 1912. Before the formation of FINA, the Games included some unusual events. In 1900, for instance, when the Games’ swimming events were held on the Seine River in France, a 200-metre obstacle race involved climbing over a pole and a line of boats and swimming under them. Such oddities disappeared after FINA took charge. Under FINA regulations, for both Olympic and other world competition, race lengths came increasingly to be measured in metres, and in 1969 world records for yard-measured races were abolished. The kinds of strokes allowed were reduced to freestyle (crawl), backstroke, breaststroke, and butterfly. All four strokes were used in individual medley races. Many nations have at one time or another dominated Olympic and world competition, including Hungary, Denmark, Australia, Germany, France, Great Britain, Canada, Japan, and the United States.

MISSION

Activity 4.1

Let’s do this!!

Instructions: Answer the following questions below. Write it in a long bond paper. (15points)

- 1. What is swimming?
- 2. What is the essence of swimming? Why?
- 3. How can swimming give impact to our healthy lifestyle?

SYNTHESIS:

Swimming is a great workout because you need to move your whole body against the resistance of the water. Swimming is a good all-round activity because it: keeps your heart rate up but takes some of the impact stress off your body. Builds endurance, muscle strength and cardiovascular fitness.

REFERENCES:

https://www.google.com/search?rlz=1C1CHBF_en-gbPH922PH922&ei=jjy3X7XIL8XahwP6l4voDw&q=recreational+activities&oq=RECREATIONAL+AC&gs_lcp=CgZwc3ktYWIQARgAMgsIABCxAXDJAXCRAjIICAAQsQMqgwEyAggAMgUIABCxAXICCAAYAggAMgIIADICCAAYAggAMgIIADoECAAQRzoiCAAQsQMqyQM6BAGAEEM6DggAEOoCELQCEJoBEOUCOggIABDJAXCRAJoFCAAQkQl6AgguOgcIABDJAXBDogcIABCxAXBDogUILhCxlHniAFg1PqlAWgBcAJ4A4ABswGIAAdMYkgEEOS4xOJgBABAaoBB2d3cy13aXqWAQbIAQjAAQE&scient=psy-



PHYSICAL EDUCATION AND HEALTH 4
S.Y 2023-2024

Name: _____
Yr. & Sec: _____

Quarter: _____
Teacher: _____

ASSESSMENT- WEEK 4

Test I. Create me!

Instructions: Create a timeline about the history of swimming. It must consist of at least five events in five different years. (2 points if an event and year were correctly matched. A total of 10 points)

Test II.

ESSAY: Answer the question to the best of your knowledge. It must compose of three to five sentences. Write your answer o space provided. (5 points)

1. What was the contribution of Katie Ledecky to the history of swimming?