Republic of the Philippines
Department of Education
Regional Office IX, Zamboanga Peninsula

HOPE 4
Quarter 3 – Module 1: SWIMMING

Name of Learner: __________________________
Grade & Section: __________________________
Name of School: __________________________
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.

Swimming is for everyone no matter what age or level of fitness. Swimming is the sport or activity of propelling oneself through water using the limbs. Any age can learn to swim and there is no age limit on when you can no longer swim. Swimming is a lifelong skill that could save your or another’s life. It is never too late to learn to swim. Swimming is an excellent way to keep fit and most swimming pools cater for all.

In this module, you are expected to attain the following objective:

1. Self-assesses health-related fitness (HRF) status, barriers to physical activity assessment participation and one’s diet (PEH12FH-Ig-i-6)
WHAT I KNOW

Directions: Read each statement carefully. Write TRUE if the statement is correct and write FALSE if the statement is incorrect.

_____ 1. Goggles is used as an eye protector during competitive swimming.
_____ 2. Swimming was discovered first by the Americans.
_____ 3. In swimming, both arms and feet are widely used.
_____ 4. Equipment such as compressed oxygen tank is required in competitive swimming.
_____ 5. One of the common swimming strokes is freestyle.
_____ 6. Wearing the appropriate swimming attire hinders your swimming performance.
_____ 7. One of the basic skills in swimming is floating.
_____ 8. Swimming in the pool during leisure time is an example of competitive swimming.
_____ 9. Cardiovascular endurance is an important fitness component in swimming.
_____ 10. Back stroke is the most difficult among all the swimming strokes.

WHAT’S IN

What are the topics that were discussed in your previous lesson? Which activities from the previous lesson that you really enjoyed while answering the questions or doing the tasks? From the topics and activities of the previous lesson, what have you gained and how do you see the importance of it?
BIG IDEA
Swimming has been known since prehistoric times. Drawings from the Stone Age were found in "the cave of swimmers" near Wadi Sora (or Sura) in the southwestern part of Egypt.

WHAT IS IT
One of the most popular water sports is swimming. Swimming has been around for centuries. It has evolved to become one of the most common recreational activities as well. Swimming is a sport that tests your fitness and stamina.

Swimming is a great recreational activity for people of all ages. Recreational activity means any outdoor activity under- taken for the purpose of exercise, relaxation or pleasure, including practice or instruction in any such activity. Recreational swimming can provide you with a low-impact workout and it’s also a good way to relax and feel good. Common swimming styles in recreational swimming are breaststroke, backstroke, side stroke and freestyle.
COMPETITIVE SWIMMING AND RECREATIONAL SWIMMING

COMPETITIVE SWIMMING

Competitive swimming is an activity which involves swimming as its primary mechanism in competing which can either be individual or team based.

Example: World Championships, Olympics

RECREATIONAL SWIMMING

Recreational swimming occurs when learning swimming and water safety is the main objective of the activity. Recreational swimming is often less structured than sessions designed to teach swimming and water safety, and may occur in a wider than usual range of environments.

Example: Swimming in the pool (learning the basics of swimming)

FIVE BASIC SKILLS IN SWIMMING

<table>
<thead>
<tr>
<th>BASIC SKILL</th>
<th>DESCRIPTION</th>
<th>PICTURE</th>
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<tbody>
<tr>
<td>1. Water Comfort</td>
<td>The most basic and essential swimming skill is simply becoming comfortable in the water. Although humans are born with innate water skills, many people develop a fear of the water. To become more comfortable in the water, spend time in a shallow pool or wading in the ocean. Never enter the water alone, especially if you are not a strong swimmer.</td>
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<tr>
<td>2. Breath Control</td>
<td>Breath control begins with simple exercises such as drawing a breath, submerging, blowing bubbles and then resurfacing for another breath. As your swimming skills improve, you will learn specific breathing techniques for different strokes. Work with a swimming coach or a friend or relative who is a strong swimmer.</td>
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</table>
### Different Strokes in Swimming

<table>
<thead>
<tr>
<th>NAME OF STROKE</th>
<th>DESCRIPTION</th>
<th>PICTURE</th>
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<tbody>
<tr>
<td><strong>1. Freestyle</strong></td>
<td>The freestyle stroke is typically used for speed, as it allows for a streamlined movement that helps the body glide through the water. Also referred to as the “forward crawl”, the body stays in the water during this stroke, while the arms and legs work in tandem to provide forward motion. This is often one of the first strokes taught in lessons, as it is easy to learn and is a good way to build up the upper body strength for strokes like the butterfly.</td>
<td><img src="image" alt="Freestyle" /></td>
</tr>
<tr>
<td><strong>2. Back Stroke</strong></td>
<td>The backstroke is one of the most well-known swimming strokes. Also referred to as the “racing backstroke”, the backstroke is done by swimming on your back and swinging one arm at a</td>
<td><img src="image" alt="Back Stroke" /></td>
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time up over your head and back down behind your back, while kicking backward in a flutter kick.

3. Breast Stroke

The breaststroke is done on the stomach, with both arms in the water while the body is pulled backward. The arms then move in an arc shape in the front of the body while the legs do a frog kick. Out of all the swimming strokes, the breaststroke may be one of the oldest.

4. Butterfly Stroke

The butterfly is another stomach-position stroke, in which the arms move forward in a circle motion going above the head and directly into the water. Once the arms hit the water, the legs are kicked backward at the same time in what is known as a dolphin kick. It is known as the hardest swimming stroke to master.

### EQUIPMENT FOR SWIMMING

<table>
<thead>
<tr>
<th>NAME OF EQUIPMENT</th>
<th>DESCRIPTION</th>
<th>PICTURE</th>
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<tbody>
<tr>
<td>Goggles</td>
<td>Goggles protect your eyes from chlorine (and anything else that may be in the water), and they help you keep your eyes open while you swim so that you can see where you’re going.</td>
<td><img src="image1.png" alt="Goggles Picture" /></td>
</tr>
<tr>
<td>Fins</td>
<td>Fins fit on your feet and add propulsion to your kicks (think of a duck’s webfoot). They are great training for your legs and will help you swim faster. They come in long fins for beginners who want to work on their stroke and build up leg strength and ankle flexibility and short fins to help you go faster without overworking your legs.</td>
<td><img src="image2.png" alt="Fins Picture" /></td>
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</table>
1. **Cardiovascular Fitness**

   Swimming is an excellent cardiovascular activity because it involves continuous movement of large muscle mass in a low-to-zero gravity environment, which makes it easy on your joints. Swimming for at least 20 minutes, three times a week can help you achieve a healthier life because it gets your heart rate up, burns fat and improves your body’s ability to pump oxygen-rich blood to your working muscles.
2. **Muscular Endurance and Muscular Strength**
   Exercising in water adds natural resistance to your workout, which helps build stronger muscles. Unlike running or riding a bike, swimming builds muscle in both the upper and lower body. It also boosts endurance, enabling you to swim longer and further before muscles are fatigued.

3. **Flexibility**
   Another benefit of the strength training aspect of swimming is injury prevention. One of the leading causes of injury is weakness of an improperly conditioned muscle or weak joints, both of which can be improved through strength training. Swimming improves flexibility, a factor that allows you to continue swimming even when you're unable to participate in other sports.

4. **Body Composition**
   Lower body fat and higher muscle mass leads to improved flexibility and more calories burned during a workout. Because swimming burns calories while also building strength and endurance, it is an excellent fitness activity for achieving a healthy body composition and fabulous tone.

**Questions:**

1. How can swimming improves the cardiovascular fitness of a person?

2. Discuss how swimming relatively helps in preventing injury.
WHAT’S MORE

List down three physical activities that may help develop the different health fitness components of swimming.

1. CARDIOVASCULAR FITNESS

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________

2. MUSCULAR ENDURANCE AND MUSCULAR STRENGTH

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________

ADDITIONAL QUESTIONS:

1. What advantages can a person gain if he or she manages to develop the different health related fitness components?

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________

WHAT I HAVE LEARNED

Answer the following questions in sentence/paragraph form.

1. How will you reiterate the benefits of swimming of the health of a person?

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________
2. Among the different swimming strokes, which one do you believe can be managed by your capacity?

__________________________________________________________________________________

__________________________________________________________________________________

3. How will you explain the relevance of the basic skills in swimming? Do you think that we can skip the basic skills in swimming and proceed right away to the complex skills?

__________________________________________________________________________________

__________________________________________________________________________________

4. Do you think is an important activity in our life? Justify your answer?

__________________________________________________________________________________

__________________________________________________________________________________

WHAT CAN I DO

Take photos of you executing the different physical activity or exercise (2 for cardiovascular fitness, 2 for flexibility, 1 for muscular strength and 1 for muscular endurance) that may help develop the different health fitness components which can relatively improve in swimming.
ASSESSMENT

Modified True or False. Read the statements carefully. Write TRUE if the statement is correct. Write FALSE if the statement is incorrect and underline

_____ 1. Kickboards are devices made of foam or other materials that float, and they come in a variety of shapes and sizes.

_____ 2. Strokes are the arm movements used to pull the body through the water.

_____ 3. Learning swimming and water safety is the main objective of the activity of competitive swimming.

_____ 4. The breast stroke is typically used for speed, as it allows for a streamlined
movement that helps the body glide through the water.

5. Exercising in water adds natural resistance to your workout, which helps build stronger muscles. This statement supports the body composition fitness component.

6. Floating provides propulsion through the water. It is also used in treading water.

7. Swimming is an excellent cardiovascular activity because it involves continuous movement of large muscle mass

8. Goggles, fins and bathing cap are all examples of swimming strokes.

9. The most basic and essential swimming skill is simply becoming comfortable in the water.

10. The butterfly stroke is done in the stomach, with both arms in the water while the body is pulled backward.

ADDITIONAL ACTIVITY

Answer the following questions in sentence/paragraph form.

1. If you will to learn the different swimming strokes, which of the four (4) swimming strokes do you want to learn first? Which comes the second, third and last? Explain your answer.

2. If you will to learn the different swimming strokes, which of the four (4) swimming strokes do you want to learn first? Which comes the second, third and last? Explain your answer.
ANSWER KEY

WHAT I HAVE LEARNED

WHAT’S MORE

ADDITIONAL ACTIVITY

10. PAUSE (RESTAURANT)
9. TRAMPOLINE
8. PAUSE (RECREATIONAL)
7. TRAMPOLINE
6. PAUSE (RECREATIONAL)
5. PAUSE (RECREATIONAL)
4. PAUSE (RECREATIONAL)
3. PAUSE (RECREATIONAL)
2. TRAMPOLINE
1. TRAMPOLINE

WHAT IS IT

ASSESSMENT

WHAT CAN I DO

WHAT I KNOW

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