

Physical Education

Swimming Assignment

Instructions - use all available resources to answer the following questions:

1. Describe how to perform each of the following strokes: (4 marks each = 16 marks)
 - a. front crawl
 - b. backstroke
 - c. breaststroke
 - d. sidestroke

2. It is a nice winter day and the ice is starting to melt on the lake in downtown Strathmore. As you are walking by, you notice that a child has fallen through the ice. What would you do, assuming that you must perform the rescue. (4 marks)

3. What is cold water immersion? (2 marks)

4. What is hypothermia? (2 marks)

5. Describe how to perform artificial respiration? (4 marks)

6. Pick one of the water sports listed below:
 - a. Scuba diving
 - b. Synchronized swimming
 - c. Wakeboarding
 - d. Surfing
 - e. Diving
 - f. Water polo
 - g. Underwater hockey
 - h. Water skiing

Provide the following information: (12 marks)

1. definition
2. equipment (including costs to purchase or participate)
3. how to perform the sport
4. competitive rules (if any)
5. three interesting facts

This assignment is due on: _____

Once completed please email to wes.clark@ghsd75.ca