

TEACHING SWIMMING IN THE THIRD MILLENNIUM

4 to 6 YEARS OLD

**ROBERT STRAUSS, M. Ed.
www.swimgym.net
coachrs@swimgym.net**



TO TEACH...

- **We have to discover the fountain of energy of what it means to teach and learn something new! – PHISH**
- **We can never lose the joy of what it means to: 'Assist To Discover!'**
- **We must understand:**
 - **'Protect students from selves'**
 - **'Our students are our mirror'**





USE OF THE SENSES

HEARING

TOUCH

TASTE

SMELL

VISION

BALANCE & BREATHING



HEARING - EAR

- **Recognizing Voices:**
Mama, Papa, Siblings, Strangers
- **Recognizing Sounds:**
High, Low, Loud, Soft, Whisper,
Pleasurable, Displeasing
- **Recognizing Environments:**
Bedroom, Bathroom, Livingroom,
Kitchen, Garden, Street



TOUCH - FEEL

- **SKIN – LARGEST ORGAN**
EXTREMITIES: ARMS/LEGS/FINGERS
- **FACE**
EARS, MOUTH, NOSE, EYES
- **SENSATIONS**
TEXTURES: Soft, Rough, Hairy, Dry,
Wet, Spikey. Painful - Touchable
TEMPERATURE: Hot, Cold, Lukewarm



TASTE - MOUTH

- **AFTER BREASTFEEDING, EVERYTHING IN THE MOUTH**
 - **EDIBLE: Fruits, Cereals, Soups**
 - **NON-EDIBLE: Toys, Flowers, Insects**
- **AQUIRING TASTE**
 - **Sweet, Salty, Bitter, Spicy, Acid**
‘smell assists taste’



SMELL - NOSE

➤ ON LAND

➤ Smells: Perfume, Bacon, Burnt Toast, People, Poop, Flowers...

➤ IN WATER

➤ Toilet, chloramines

Careful do not inhale water, blow the nose, spit the nose, protect the nose

‘taste assists smell’



SIGHT - EYES

- **COLORS: RAINBOW**
- **FOCUS: NEAR - FAR**
- **Verbs used describe the use of the EYES:**

OBSERVE...

WATCH...

LOOK...

SEE...



BALANCE

- **HEAD CONTROL**
 - **In Line with the Spine**
- **BODY CONTROL**
 - **Trunk**
 - **Extremities**
- **FLOTATION: Staying UP**
- **BUOYANCY: Falling UP**



BREATHING

- **ON LAND: NO Thinking
Speak, Laugh, Cry, Cough,
Sneeze, Scream**
- **IN WATER: Must Think!!!**
 - **INHALE: With Mouth**
 - **EXHALE: With Nose**



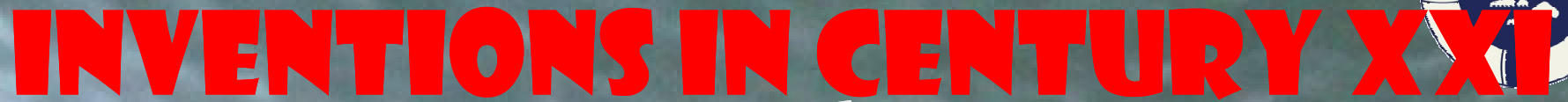
WHEN TEACHING...

- **The student is GREAT, because he is... EXCEPTIONAL!**
- **The student is GOOD, because the teacher is... O.K.**
- **The student does NOT Do WELL, it is because the teacher is... TERRIBLE!**



WHEN TEACHING...

**“ISN'T THE
TEACHER THE
ONE WHO MAKES
THE
DIFFERENCE?”**

The Facebook logo is displayed in its characteristic rainbow gradient, with each letter of the word 'facebook' in a different color: 'f' is pink, 'a' is red, 'c' is orange, 'e' is yellow, 'b' is green, 'o' is blue, and 'o' is purple. The letters are bold and have a slight 3D effect.

IPOD with VIDEO

iPhone 4g

WHY IS MY RECORD PLAYER?

07-06-2019



INVENTIONS IN CENTURY XXI

WEB CAM

waterproof camera photo/video

Gmail

DIGITAL CAMERA

VIDEO CONFERENCE

C
H
A
T

What's are 4 and 8 track tapes?

CASSETTES



INVENTIONS IN CENTURY XXI

BLACKBERRY!

I-PAD

google.com

I-PHONE

DOWNLOAD

T

E

X

T

HYPER

VHS tapes?



INSTRUCTION THEORIES

CONDUCTIVE

- **Repetition**
- **Acumulation**
- **Memorization**

CONSTRUCTIVE

- **Comprehention**
- **Reflection**
- **Meaningfulness**

In Century XXI, it is important to know where you can find the information; not to memorize it!

THE 4 ZONES AND 3 STAGES OF LEARNING



**1. Unconscious
Not Able**

**2. Conscious
Not Able**

**3. Conscious
Able**

**4. Unconscious
Able**

**a. Mental
Understanding**

**b. Practice
Changes**

**c. Automatic
Performances**



MENTAL STAGE - UNDERSTANDING

- **Learn skills: details and sequences**
- **Develop a framework of reference to 'LEARN'**
- **Distinguish the difference between important skills and less important**
- **Involve the 5 senses**
- **Make information usable**

PRACTICE STAGES



- **From important to insignificant**
- **From simple to complex**
- **From parts to whole (Gesthalt)**
- **From condensed to massive**
- **From dry to wet**
- **From short to long**
- **From slow to fast**
- **From low key to high pressure**



AUTOMATIC STAGE TRAIN TO PERFORM

- **Perfect skills learned**
- **Paying attention to detail**
- **Developing their personal style**
- **Psychological Skills**
- **“Let it happen...” “LET GO!”**



LEARNING DIFFICULTIES IN THE AQUATIC ENVIRONMENT

- **The body is suspended**
- **Water is 800X + dense than air**
- **The body is horizontal**
- **Nothing to hold on to...**
- **Every movement requires many body parts**
- **Vision changes significantly**



LEARN TO LIVE IN THE WATER, BEFORE TRAINING IN WATER

- **Set “good habits” before training habits**
- **Learn under adequate leadership**
- **Learn to protect the nose in all positions**
- **A stroke correctly executed, turns fast on its own.**

DO NOT swim HARD, swim EASY!



**LEARN TO PAY ATTENTION
LATER LEARN TO TRAIN**

PRACTICE MAKES... STUPID!

**‘PERFECT PRACTICE’
MAKES... PERFECT**



FEEDBACK

External

- Instantly
- Frequent
- Simple
- Multisenses
- Specific

Internal

- Awareness
- Developing a “feeling” for what is right
- Listening to your body