

31M Elementary Swimming  
Second Quarter, 1939

I Objectives:

1. To teach and develop the ability of every boy to swim at least 50 yards.
2. To teach the proper form to be used in swimming the crawl, sidestroke, and elementary back strokes.
3. To develop skill in swimming the above strokes.
4. To teach personal and group safety measures to be observed both in the water and around the pool.
5. To present and teach recommended practices and approved methods of:
  - (a) Organizing and conducting classes.
  - (b) Teaching the techniques of swimming.

II Content of Course in Swimming Skills:

1. Beginners steps and drills
2. Elements of the crawl
3. Deep water (personal) safety skills and tests
  - (a) Treading water
  - (b) Relieving cramp
  - (c) Turning
  - (d) Float
  - (f) Sinking and raising self
  - (g) Recovery from collision
4. Elementary back strokes
  - (a) Elementary flutter kick on back
  - (b) Sculling
  - (c) Inverted breast stroke
5. Crawl
  - (a) Explanation and practice of various styles
  - (b) Emphasis on form
  - (c) Speed tests
6. Side Stroke
  - (a) Form
  - (b) Distance tests
7. General fundamentals
  - (a) Surface dive
  - (b) Plain front dive
  - (c) "Rest" turns (used in distance swimming)
  - (d) Racing turns
  - (e) Racing starts
  - (f) Swimming under water.

III Content of Course in Methods of Teaching:

1. Methods of class organization for
  - (a) Economy of time
  - (b) Safety
  - (c) Individual progression
  - (d) Manipulating and handling class as a group
  - (e) Homogeneous grouping for maintenance of interest
  - (f) Basis of grading