

## BT Paralympic World Cup Education Pack 2011 Swimming

This resource can be used in conjunction with the education resource on the BT Paralympic World Cup website. The site is a starting point for research around the following activities below and contains lots of interesting facts about the athletes and sports.



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### Overview:

Swimming was one of the first sports to be included in the Paralympic Games programme in 1960. At the BT Paralympic World Cup, swimmers compete in one or more of the following 5 events: Individual Medley, Butterfly, Backstroke, Freestyle and Breaststroke. Races are held in a 50m pool and in any one class swimmers may start with a dive, in the water, sitting on the starting platform or the typical standing start depending on their ability.

Lane orders for competition are decided from the swimmers' previous recorded times. The fastest swimmers will swim in the middle lanes; this is designed to create a spearhead format in the race and provide the spectators with the best view of the race.

World-renowned swimmers will compete for their country while also battling it out as part of one of our four teams at this year's event, Great Britain, The Americas, Europe and The Rest of the World. Paralympic icon, Eleanor Simmonds and BBC Young Sports Personality of the Year 2008, will return to Manchester to compete in the BT PWC for her third year running. As well British freestyle champion, David Roberts one of the most successful Paralympics ever will be striving to add a couple more Paralympic-level medals to his existing collection of 17!

This nail-biting competition will take place over 2 days, the second of which will be broadcast live by Channel 4! Be sure to watch this world-class spectacular and support your favourite elite swimmers at 12pm on the 28<sup>th</sup> May!

## In the Swimming Pool

- 1) Students to swim 1 length or width of the pool using any stroke. Compare the distance travelled when starting in the following ways:

- a) Start in the water with a push off from the wall
- b) Start in the water with no push off from the wall
- c) With a dive (deep water only in line with pool regulations)



**Group:** Discuss the differences and how this may affect someone with a disability.

- 2) Students to swim 1 length or width of the pool using any stroke. Compare the differences between:
- a) Swimming two lengths / widths
    - using a push turn in between the two lengths
    - turning with no push in between the two lengths
  - b) Swimming two lengths / widths
    - using full stroke
    - using only arms and no legs

**Group:** Discuss the differences and how this may affect someone with a disability.

## Classroom Activities

### PE / General Studies activities

- Students to research the rules of swimming and the Paralympic modifications to these. Also compare the Olympic record for 50/100m freestyle and the Paralympic record for 50/100m freestyle S10.
- Look at the accomplishments of some of the elite swimmers, such as Sascha Kindred and Ellie Simmonds and make an excel chart comparing them. Which of these swimmers inspires you the most?
- Group Activity: Discuss the differences between standard and Paralympic swimming rules and records.

### English Activities

- Research about some great Paralympic swimmers and write short story about their accomplishments or achievements
  - a. For example- Sascha Kindred
- Students to research who might be competing in the BT Paralympic World Cup in 2011 by looking at current world records. Please be aware that the race entry lists will not be up on the BT PWC website until closer to the event.
- Students select a swimmer they want to follow as a role model and write a biography of this swimmer.



Web link: [www.swimming.org](http://www.swimming.org)

### Art Activity

- Compile a photo essay on the main strokes in Swimming and highlight the difference between them using different art techniques (paints, crayon, collage etc)
- Create a showcase of Swimming Styles with your school

### Geography Activity

- Create a fact file about the countries within each of the BT Paralympic World Cup teams (GBR, AME, EUR, ROW). Do each of those countries have a National Swimming Organisation for Paralympic Swimmers?

### Classroom / wider study

- 1) Students to research any local Swimmers in your school or [Swimming Clubs](#) in your local area.
  - a) Invite an athlete to the school or follow their progress as they develop. It may be that you have a young athlete nearby who is on your local Gifted and Talented Programme.
  - b) Invite the athlete or club to develop a local link to your school or become a school ambassador. Your local sports development unit may be able to help as part of their ongoing sports partnership work
  - c) Order some free flyers and posters from the organisers ([pwcenquiries@fasttrackagency.com](mailto:pwcenquiries@fasttrackagency.com)) to distribute to your class and school to raise the profile of Paralympic Sport and get everyone excited about the BT PWC.
- 2) Continue the fun of BT PWC and organise a local wide Swimming Competition



Students can arrange to visit the BT Paralympic World Cup to watch their role model compete or follow their success on the website.

### Additional Information

[ASA](#)- Governing Body with list of swimming clubs in students local area

[Sport England](#)- Active Places a source of information to locate your nearest pool

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### BT PWC Quizzes

Be sure to download the quiz for your class to complete! Visit the [Quizzes and Downloads](#) section on our website.

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### FREE Tickets for BT Paralympic World Cup

Complimentary school tickets can be ordered through the BT Paralympic World Cup website ([www.btparalympicworldcup.com/schools](http://www.btparalympicworldcup.com/schools)). Each school is permitted up to 25 per session however these are on a first come first serve basis. You will also need a promotional code – please contact us at [pwcenquiries@fasttrackagency.com](mailto:pwcenquiries@fasttrackagency.com).

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