



# Elective: Pool sports

## Overview

Students can have fun in the water with a variety of pool sports and games such as water polo, pool volleyball and swimming races. This elective is for students that like swimming and being in the water and want to have fun and learn some new games. It is suitable for students that are confident swimmers and not beginners or students that have only recently learned to swim.

## Learning Outcomes

Students will:

- be able to safely play water polo and pool volleyball.
- have fun learning how to play a range of water games.
- improve their technique in a range of swimming strokes.

## Language Outcomes:

Students will:

- be able to describe different swimming strokes and techniques in English. E.g. front crawl, tread water, surface dive etc.
- be able to follow safety regulations and be able to explain safe swimming behaviour

## Sample Content:

SESSION 1	SESSION 3
<ul style="list-style-type: none"><li>• Warm-up</li><li>• Beach-ball get to know you game</li><li>• Skills development: Front crawl and backstroke</li><li>• Water volleyball game</li></ul>	<ul style="list-style-type: none"><li>• Warm-up</li><li>• Introduction to water-polo.</li><li>• Egg-beater kick</li><li>• Passing and shooting practise</li><li>• Practice game</li></ul>
SESSION 2	SESSION 4
<ul style="list-style-type: none"><li>• Warm-up</li><li>• Skills development: breast stroke</li><li>• Swimming relay competition</li><li>• Water volleyball game</li></ul>	<ul style="list-style-type: none"><li>• Warm-up</li><li>• Medley relay</li><li>• Water-polo mini-tournament</li></ul>



## FAQs.

### Who ensures the safety of the students during these sessions?

Each session is led by an activity leader. The activity leader is in charge of running the activity and will be working with the students both in and out of the water.

In addition to the activity leader each session is supervised by a qualified **pool lifeguard** who is not involved in the running of the activity and is there to ensure all students are safe and to react in the event of an incident. The activity leader and lifeguard are often helped by a supporting member of staff.

### My child swims competitively – will they be able to train whilst on the course?

Sadly, students don't have access to the pool outside of programmed activity hours. Students can only use the pool as part of the swimming elective or at other times when swimming is part of the activity programme.

HOURS BREAKDOWN PER 2 WEEK COURSE	
TUITION HOURS	PROGRAMME CONTENT
English Tuition: 30 hours	<b>Project work</b> in the classroom (student learn through doing a project with a specific outcome such as a magazine, short film or performance)
Electives Tuition: 18 hours	Chosen <b>elective</b> . Students choose 3 electives per course. Language learning is integrated into all these activities. Students each receive a handbook containing instructions, tips, activities and language tasks.
<b>TOTAL: 48</b>	
ACTIVITY HOURS	
Evening Events: 20 hours	<b>Evening events</b> . The students usually come together as a group for the evening programme. Students participate in range of creative games, contests and shows which encourage team work, cooperation and above all communication in English.
Free Activity Time: 6 hours	<b>Activity time</b> These sessions are more relaxed with the focus on fun, making friends and relaxation. Activities can be sports, arts and crafts or whole group activities such as a Country Fair or a Sports Tournament.
<b>TOTAL: 26</b>	
STUDY TOURS	
Study Tours: 3 days (9am-6pm)	<b>Study Tours:</b> Every student attends 3 full day study tours over a two week course. Students are prepared for study tours in class and the trips are integrated into the academic programme. Every student will visit London at least once during their stay. Other popular destinations include: Oxford, Warwick Castle, Greenwich, Cambridge and Brighton.