

1. a) One of the people in the pictures is a Paralympian. Who do you think it is?

b) Why is this decision so difficult?

Instead of how fast or how far you swim, the amount of time is the important thing. As you get better at it the frequency is also crucial to your improved health. Some tips for beginners are;

- If a length is too challenging at first, try swimming widths.
- Increase this to two or three repetitions and then progress to lengths.
- Once you can comfortably swim a length, you can start to increase the laps each time you go to the pool. Make it your own personal competition.
- If you are completely new to swimming you can use a float or noodle. It's best to hold it straight out in front of you while you kick with your legs. Your strength and stamina will soon improve if you stick at it.

2. a) What should you do when you start to learn to swim?

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b) What equipment do you need for this sport?

Adapted from - Fitter Families Book.