SWIMMING IN GRADE SCHOOL

by

Derick V. Garcia

Master Teacher I, Orani National High School

Swimming is a great exercise that is low impact and can be a lifelong way to stay in shape. However, if a person jumps in the pool, and starts splashing around they will quickly lose interest in the sports of swimming. A training regimen is required to benefit the most from the activity.

People who love to swim are the toddlers and teens, much are in the grade school. But on the other hand, we need to know how to swim properly especially where you are in grade school, because they need a lot of attention to avoid any accident that might happen. Secondly, a lot of people can swim but they don’t know the right way to glide, flatter or even dive. All of us can swim whether you are in age of being a child, teen, or even an adult.

A person should discover swimming techniques that allow him/her to learn different strokes in swimming. And it covers several techniques that explain how to learn basic swimming such as control breathing, floating, gliding and flutter kicking.

Always remember that swimming is good or should I say it is one of the best form of exercise that a person should do. On the other hand, never forget that it is also dangerous without proper knowledge or without proper lesson for each technique that involves swimming. Make sure that you know what you are doing especially in grade school children. Even though they seem like having fun in swimming but without proper way of doing it, accident might happen.
To sum up swimming for grade school is good because in their age but they are prone to accident, that’s why it is more applicable that they know how to swim or they should learn how to swim in their age of being grade school students.

Reference:

The New York Times : 2017