2.1 Introduction

Swimming includes various swimming events, lifesaving, survival in the water, synchronised swimming, etc.

Swimming is a very popular aquatic sport and the foundation of other aquatic sports. Swimming not only cultivates the overall development of the physique, but also serves as a survival skill.

Through swimming, students may not only learn to master various swimming strokes, but also learn about the rules and regulations, characteristics of different strokes, safety precautions and also the history and development of the sport. In addition to developing motor and sports skills, students also build up their self-confidence. Swimming is therefore very important to the growth of students.

2.2 Learning Objectives in the Six Strands

Motor and sports skills

Through various kinds of simple activities or modifed games, students may understand the characteristics of swimming and acquire the basic swimming techniques. This equips them with the confidence and competence to participate in other aquatic sports.

Health and fitness

By participating in swimming, students learn the relationship between sports and health as well as the factors affecting health. For example, swimming is ideal for those who are unable to perform weight-bearing activities or who have joint problems. It also has a significant effect on strengthening cardio-respiratory fitness. Thus, students can take part in swimming to maintain good health and the optimal level of physical fitness.

Sports-related values and attitudes

Through participating in swimming, positive values and attitudes of students can be cultivated. For example, in swimming lessons, students note personal hygiene, respect the rights and feelings of other swimmers, take care of each other, etc, and thus develop good civic consciousness. Students also learn to appreciate individual differences, respect others and express their own views and feelings in appropriate ways or through collaborative tasks. For example, the "buddy" system that is commonly adopted in swimming lessons enables students to help each other and develop team spirit.