Swimming

written by Andrew Funk
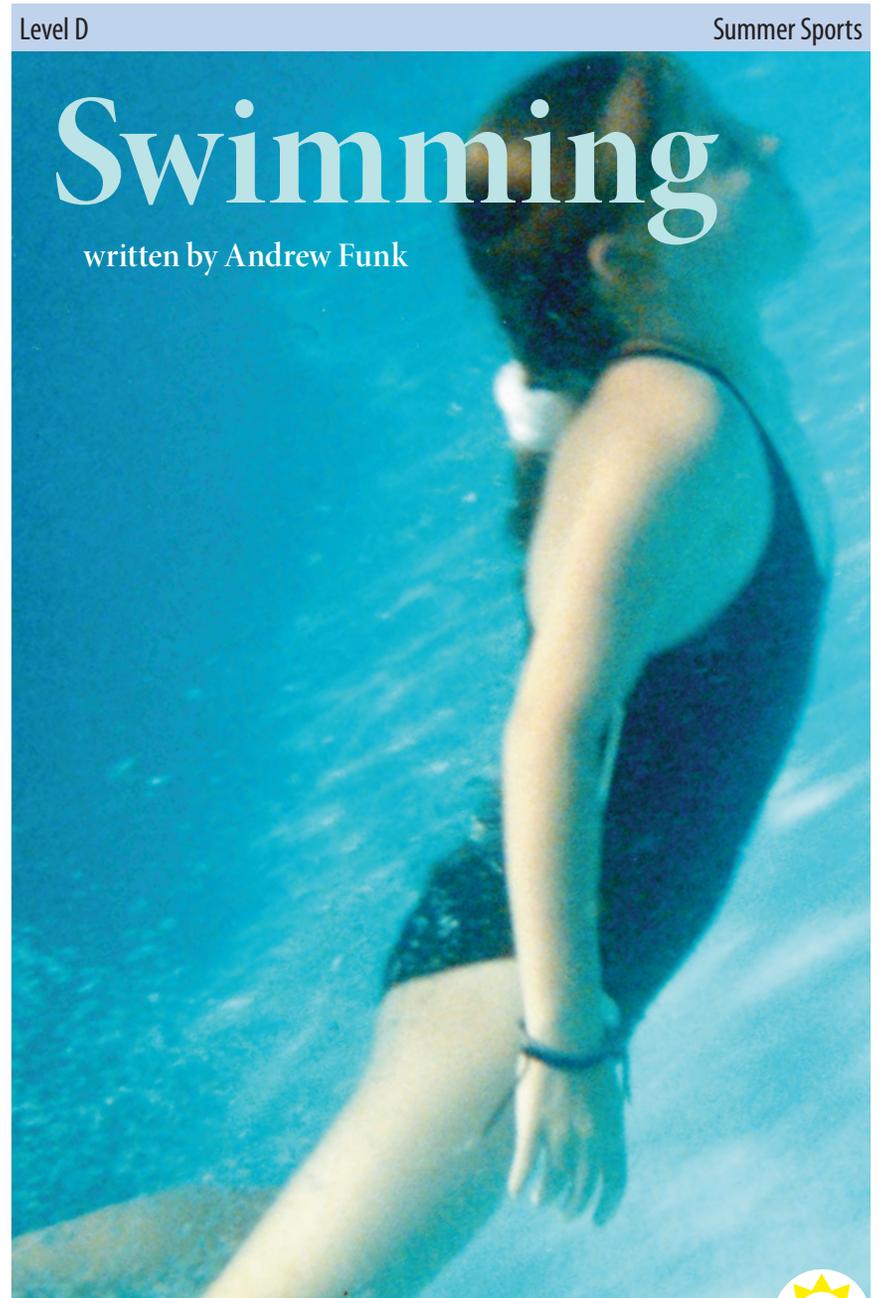
Summer Reads™

Summer Reads™

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Dear Student,

I am a teacher who has studied how children learn to read well. What I have learned has been used to write SummerReads and programs like QuickReads® and Ready Readers.

The best way to be ready for the new school year is to read every day of the summer. You can choose to read a chapter or a book from SummerReads. But be sure to read it at least three times on the same day. Here's how to use SummerReads:

1. Start by reading it yourself. Mark the words that you don't know.

2. Next, ask someone to read with you. Get that person to help you with any words you don't know. You can even go to the computer to www.textproject.org and hear a recording of the books.

3. Last, you're going to read by yourself to answer the questions at the end of the book. You can go to the computer to find the answers.

Have a reading-filled summer!

Elfrieda (Freddy) Hiebert, Ph.D.
Inventor of the TExT model

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Introduction

Swimming

There are lots of reasons why you might want to go swimming this summer. Swimming is a great way to cool off. Swimming is also an excellent way to get exercise. You can also play lots of games in the water with your friends, once you know how to swim.

Swimming can be an enjoyable sport. But it is important to know the rules and be safe. Be certain to swim only where there is a lifeguard. Lifeguards make certain that everyone goes by the rules and stays safe. It's also a good idea to learn the basics of swimming. If you don't know how to swim, find a place this summer to learn how. If you already know how to swim, find a place to practice so that you become a strong and fast swimmer. And don't forget to put on sunscreen!

Different Swimming Strokes

Whether they are young or old, new swimmers usually start out with the same swimming stroke that dogs use when they swim. This stroke is called the dog paddle. It's easy to learn to dog paddle but dog paddling isn't very fast.

Most swimmers learn the breaststroke next. The breaststroke begins by lying in the water with your front side down. You move both arms in a circle. You raise your head out of the water to breathe once during each stroke. You also need to kick your legs in a circular motion like a frog's kick.

The fastest swimmers use a stroke called the front crawl. To do this stroke, you lie face down in the water. You move your arms like a windmill. At the same time, you move your legs up and down like scissors. Since your face is in the water, you have to turn you head to the side every two or three strokes to breathe.

There are other swimming strokes. An example of another stroke is the backstroke or back crawl. As you can tell from the name, this stroke is like the front crawl except that you lie on your back. A good thing about a backstroke is that your face is out of the water. That means that breathing is not a problem. But there's another problem. You can't see where you are going! Choose your strokes with care!

Swimming

Swimwear

The clothes worn by swimmers have changed a great deal over time. About 200 years ago, women wore dresses made of wool to swim. Wool absorbs water. That meant that the dresses got heavy in the water, making it hard for women to swim and not sink.

Today, a swimming suit is made to fit the body snugly. A snug fit allows a swimmer to glide through the water. The suit is made of cloth that does not absorb water. Because the suit doesn't absorb water, the swimmer is carrying less weight and can move faster.

Another big change in swimwear is the wetsuit. A wetsuit covers almost the entire body with a close-fitting layer of special rubber. The rubber has very small bubbles of gas that make the suit lighter and better at keeping the body warm. A thin layer of water gets trapped between a person's skin and the inside of the suit. The body warms this small amount of water. Since the water can't get out, it helps to keep the body warm. A wetsuit makes it possible to swim and surf even in places where the water is cold.

Goggles are another addition to swimwear. Salt from ocean water or chemicals in swimming pools can hurt your eyes. By wearing goggles, swimmers can keep the salt and chemicals out of their eyes. Swimmers who want to keep salt and chemicals away from their noses can wear masks.

Swimming

Swimming Underwater

Humans can swim under water but only for short periods of time. After about two minutes, a human needs to return to the surface to get oxygen from the air.

There are animals that, like humans, use lungs for breathing. Some of these animals are much better underwater swimmers than humans. Whales can stay underwater for up to two hours without coming to the surface for air. Birds also have lungs and many can stay underwater much longer than humans.

The best underwater swimmers are fish. Unlike humans, most fish breathe through gills that allow them to get oxygen from the water. Since they do not have to come to the surface, fish are excellent swimmers. Some fish can reach speeds of more than 40 miles per hour.

Almost all animals are born with either gills or lungs and have one or the other for their entire lives. But some animals are born with gills and then switch to lungs later in life. This means that they live in water for the first part of life and, later, breathe air and live on land. Frogs are an example of such animals. Frogs start out as eggs in the water. When the eggs hatch, tadpoles that breathe with gills come out. Later, tadpoles become frogs and the gills are gone. Frogs use lungs for breathing. Tadpoles can stay underwater but frogs can't. Frogs need to come to the water's surface to breathe.

Swimming

Rate your thinking and reading

✔ Put a check each time you read one of the chapters of the book.

★ Give yourself a star for Sharing if you told someone about something you learned from reading the chapter.

✚ Give yourself a + if you can tell that your reading is getting smoother.

	1st Read	2nd Read	3rd Read	Sharing	Smoother
Introduction					
Different Swimming Strokes					
Swimwear					
Swimming Underwater					

Comprehension questions

Different Swimming Strokes

1. True or false? The dog paddle is the first swimming stroke most people learn.
☐ true   ☐ false

2. Which of the following is *not* a kind of swimming stroke?
☐ Front crawl
☐ Backstroke
☐ Heat stroke
☐ Breaststroke

Swimwear

3. True or false? Goggles protect only the eyes from salt and chemicals.
☐ true   ☐ false

4. A wetsuit keeps the body warm by _____.
☐ trapping a small layer of air between the suit and the body
☐ trapping a small layer of water between the suit and the body
☐ covering only the face
☐ heating the water outside the suit

Swimming Underwater

5. True or false? Fish do not need to come to the surface to breathe.
☐ true   ☐ false

6. Tadpoles have gills to breathe in water. When they turn into frogs, how do they breathe?

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