

# The Mini Page®

Educational Standards and Suggested Activities for Teachers

Issue 25

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Standards Spotlight: Into the Pool!

Mini Page activities meet many state and national educational standards. Each week we identify standards that relate to The Mini Page's content and offer activities that will help your students reach them.

## **This week's standard:**

- Students understand that physical activity provides opportunities for enjoyment, challenge, self-expression and social interaction. (Physical Education)

## **Activities:**

1. Write the word *S-W-I-M* in big letters down the side of a piece of paper. Paste newspaper words that begin with those letters next to the letters. Add words of your own.
2. In the newspaper, circle fitness equipment or activities that would help swimmers develop the specific muscles they need for swimming. Explain your choices.
3. Look in your newspaper for swim meets. How many are for elementary grade swimmers? How many for high school? How many for college?
4. How are these important in swimming: (a) heats, (b) different swimming strokes, (c) decking and (d) blocks?
5. Use the internet to research different ways technology is helping swimmers train for major meets. Look for materials used in swimsuits and how videotaping identifies ways for swimmers to improve. Write a news article about the value of technology.

Standards by Dr. Sherrye D. Garrett, Use the News Foundation.

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