



## SEAMEO-ACC SPORTS EDUCATION INNOVATION AWARD

### SPECIAL RECOGNITION AWARD

St Ursula School (Indonesia)

*Anger Management by Swimming Sports for Students*

#### A. Summary

There are or many students in the St.Ursula Catholic Elementary School who has problems in their family. Some of them, parents cannot control their emotion, because that children as a victim of parent's problem. Many students don't want to go to school because they feel unhappy due to problems from home or some students run away from the home.

St Ursula introduced swimming as sports to help students better manage their student and home life. This swimming course is content three modules for the duration of eighteenth weeks in the first semester of new academic year:

- Module 1: Introduction of Swimming Sport
- Module 2: Breast Stroke and Freestyle
- Module 3: Achievement and Assessment

In designing the modules for the course, there are sequence preliminary activities which had been done, such as: 1) school mapping of previous experience in previous years in the school which has many problems of their students during study, 2) identify the students' problem which potential become an anger, 3) class room mapping of students in the class which will be accepted in the swimming course, 4) preparation the readiness of the swimming coach.

Course period per each module is implemented in six weeks for first module, seven weeks for second module, then five weeks for the third module. Furthermore, each week, students were trained for one hundred minutes effective time. The course is scheduled early in the morning before class in the school, or in the evening after end of class in the school. After completion of each module, swimming coach will make informal discussion forum with all students to evaluate and get feedback from the students during the course and also to know how influence the swimming for their study as a student in school.

#### B. Objectives

The target learning objectives and outcomes in this swimming course for students in the school as follow:

Module 1 Objectives are: a) to give understanding to all students regarding how important swimming sport, b) explanation about swimming sport for fun, c) explanation about nutrition which should be eaten during the course, d) explanation about the main activities during the swimming course.

Module 2 Objectives are: a) to teach the correct movement of breast stroke and free style, b) to teach body balancing and breathing during swimming.

Module 3 Objectives: a) schedule of 30 minutes non-stop swimming in length of the pool, b) evaluation and assessment during the course.

#### C. Results/Outcomes

Module 1 Outcomes are: a) Students understand about the important to make load balancing between psychological and physical by swimming sport, b) students understand the swimming is a fun sport, c) students understand regarding nutrition which should be eaten during the course, d) students understand steps and schedule of the course;

Module 2 Outcomes are: a) students can swim breast stroke and free style in the correct movement, b) students can swim smoothly;

Module 3 Outcomes are: a) students can swim in relax condition b) give supporting to all students to keep their life by swimming.