



# TEACHER WORKSHEET

CYCLE 2 • PE

## LEARN ABOUT WATER POLO

### OVERVIEW

#### EDUCATIONAL OBJECTIVES:

- Cooperate with partners to compete against one or more opponents together in a team game, playing offense and defense.

#### SPECIFIC SKILLS TARGETED:

Through the game of water polo, be able to:

- Adapt movement to different types of environment.
- Lead and manage an interindividual or team play.
- Share rules, and take on roles and responsibilities.

#### INTERDISCIPLINARY SKILLS:

- **English:**
  - Understand how the language works: expand one's vocabulary, and memorize and reuse newly learned words.
  - Verbal communication and understanding: listen to understand messages communicated verbally or texts read by an adult.

#### SAMPLE SESSION PLAN:

- **Water polo prerequisites for students 8–9 years old:**
  - Know how to float.
  - Know how to submerge voluntarily.
  - Know how to move around independently.

If the prerequisites are not met, sessions may be held in the shallow end of the pool.

#### Activity overview:

- Use an already familiar swimming situation that quickly gets children active and comfortable.
- Introduce a new learning situation.
- Consolidate knowledge through small matches.
- Observe student knowledge consolidation.
- Share with class and orally review.

#### DURATION:

4 sessions (4 × 45 min.):

- 3 pool sessions.
- 1 classroom session.

#### ORGANIZATION:

Group.



#### OLYMPIC GAMES KEYWORDS:

**SWIMMING • PLAY • TEAM •  
COOPERATION • COMMITMENT •  
RULES AND REGULATIONS • RESPECT**



## CONCEPTS ADDRESSED

### SWIMMING IN CYCLE 2

Swimming involves gradually learning to float, getting one's bearings in the water, and moving the body with intention using the arms and legs. The goal is to achieve horizontal balance, with the correct breathing technique. The introduction to water polo will teach students how to adhere to pool safety rules and to orient themselves in the water.

Doing a group activity such as water polo should also lead students to strategize, identify and fulfill different roles and statuses in the game (offensive player, defensive player, referee, goalkeeper), and to follow the rules.

### WATER POLO: A TEAM SPORT

Water polo is a team sport that is played with a ball in the water.

The game involves two opposing teams of thirteen players—seven players in the game, and six substitutes. The game requires a great deal of cooperation between members of the same team, since the objective is to get the ball into the opposing team's goal. The team in possession of the ball has 30 seconds to shoot, and two teammates have to touch the ball before the shot.



A water polo match is played in four quarters, each lasting 8 minutes (or 7 minutes for players under 18 years of age). Between the first three quarters, players have 2 minutes to rest; the break is extended to 5 minutes between the third and fourth quarters.

The referee signals fouls with a flag.

### WATER POLO: AN OLYMPIC SPORT

Water polo made its debut as an Olympic sport at the 1900 Olympic Games in Paris. In 1904 water polo was not part of the Summer Games, but since 1908 it has been included in each new edition of the Summer Games.

Women's water polo was first officially included in the 2000 Olympic Games in Sydney, 100 years after the sport had made its debut.

### FUN FACT!

Hungary has made a name for itself in the sport—between 1928 and 1980, the country won medals at all the Games! Hungary even won six out of ten possible gold medals between 1932 and 1976... and in 2000, in Sydney, the Hungarian team won their seventh gold medal.

### FUN FACT!

In 2016, France qualified for the Olympic Games 24 years after it had last participated.



## STUDENT WORKSHEET OVERVIEW

### VOCABULARY:

Team, teammate, referee flag, respect.

### ACTIVITIES:

**In addition to three pool sessions, there are classroom discussions about the sessions and questions about the sport studied.**

#### ▶ **ACTIVITY 1: JUMP IN!** 6–7 yr | 7–8 yr | 8–9 yr

Equipment: – A ball.

– Caps or bibs, depending on teams.

– If required, swim belts to help students stay on the surface of the water.

Two teams of several players (eight max.).

#### **Session 1: Introduction to water polo / Moving the ball forward (45 min.)**

Adapt movement to different types of environment.

**Part 1:** Get the ball from one point to another with the hands.

**Part 2:** Get the ball from one point to another without the hands, making waves (moving the water with the arms), or using the head.

**Part 3:** Catch the ball while diving or jumping and take it to a given point.

#### **Session 2: Becoming a water polo player / Working together to get the ball to a given point (45 min.)**

Lead and manage an interindividual or team play.

**Part 1:** Pass the ball while moving or swimming forward.

**Part 2:** Make passes between partners: one in the water, the other out of the water.

**Part 3:** Cooperate to score a goal.

#### **Session 3: Exploring the game of water polo / Advancing with a ball by cooperating with one's team and competing against an opponent (45 min.)**

Share rules, and assume roles and responsibilities.

**Part 1:** Pass the ball while moving or swimming forward. Pass the ball before being challenged by an opponent.

**Part 2:** Bypass one's opponent. Double the number of points if the ball was not touched by an opponent when the goal was scored (promotes passes).

**Part 3:** Know how to pass the ball to the right player to score.

Students must learn how to get free to be able to move the ball to the best-placed teammate. There's a trick to that—get away from one's opponent in one go. That gives the player enough time to find the right partner and throw him or her the ball.

If the student grabs the ball and tries to keep hold of it—that's normal. The important thing is that students understand through experience that they need their teammates to save the ball from their opponents.

After each session, students take their worksheet and answer questions about the session. This can be done alone, in pairs, or in groups. Student work can then be shared aloud in class to review together.



## ▶ ACTIVITY 2: INTRODUCTION TO WATER POLO THROUGH WORDS AND PICTURES

Expand vocabulary, and memorize and reuse newly learned words.

6-7 yr | 7-8 yr | 8-9 yr

Materials: Student worksheet, texts, imagery.

Resources: English language dictionary.



## STUDENT WORKSHEET ANSWER KEY

### ▶ ACTIVITY 1: JUMP IN! 6-7 yr | 7-8 yr | 8-9 yr

No correction expected for exercises related to pool sessions.

#### Your impressions

The three Olympic values are:

- Excellence
- Respect
- Friendship

### ▶ ACTIVITY 2: INTRODUCTION TO WATER POLO THROUGH WORDS AND PICTURES

Expand vocabulary, and memorize and reuse newly learned words.

6-7 yr | 7-8 yr | 8-9 yr

#### Exercise 1

- 1) **Cooperate:** To bring together everyone's efforts and expertise to achieve a common goal.
- 2) **Pass:** The act of passing the ball to a member of one's team during a team game (e.g., water polo).
- 3) **Goal:** In football or handball, like in water polo, the goal is the space where players have to get the ball to score a point.
- 4) **Opponent:** A person or team that one is competing against.
- 5) **Offense:** The players at the front of the field responsible for getting the ball into the opposing team's goal.
- 6) **Bypass:** To go around opponents or obstacles in order to move forward. A pass: The act of passing the ball to a member of one's team during a team game (e.g., water polo).

## Exercise 2



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This is a **yellow ball**.



© Fotolia

Players wear a **swim cap** on their head. The official colors at the Olympic Games are one team in white, the other team in blue.



© Fotolia

Goalkeepers wear caps that are **red**.



© Fotolia

This is a **goal**.



© DR

These are **flags** used by referees.



### Exercise 3

#### Students 6–7 years old

Water polo is a team sport that is played with a **ball** in the **water**.

Each team is made up of **seven** players.

The game requires a great deal of cooperation between members of the same **team**.

The objective is to get the ball in the **goal** of the opposing team.

The referee signals fouls with a **flag**.

#### Students 7–9 years old

Water polo is a team sport played with a **ball** in the **water**.

A water polo match is played in four quarters, each lasting 8 minutes (or 7 minutes for players under 18 years of age). Between the first three quarters, players have 2 minutes to rest; the break is extended to 5 minutes between the third and fourth quarters.

This game requires a great deal of **cooperation** between members of the same **team**, because the objective is to **get the ball into the opposing team's goal**.

The referee signals fouls with a **flag**.



### FIND OUT MORE

#### DIGITAL RESOURCES

Educational resources:

<http://www4.ac-nancy-metz.fr/ien-vittel/docs%20site/EPS/quelles%20act%20mener%20en%20natation%20-%20doc%20enseignants.pdf>  
[http://erfan-grenoble.fr/sites/default/files/devenir\\_joueur\\_de\\_water\\_polo\\_un\\_jeu\\_denfants.pdf](http://erfan-grenoble.fr/sites/default/files/devenir_joueur_de_water_polo_un_jeu_denfants.pdf)

Find out more about water polo as an Olympic sport:

<https://www.olympic.org/water-polo>

Find out more about the French women's water polo team:

<http://water-polo.com/category/france/equipe-de-france/>

Find out more about the French men's water polo team:

<http://www.france-waterpolo.fr/>

For more information about water polo at the last Summer Olympics:

<https://www.olympic.org/news/more-water-polo-success-for-usa-s-women-as-serbian-men-strike-maiden-gold>

#### FURTHER READING FOR STUDENTS

*Jeux Olympiques : mon carnet de voyage*, by Noélie Viallet, illustrated by Églantine Bonetto, Sikanmar, "Jo et Moi autour du monde" collection, 2013.

*Les Jeux Olympiques*, by Stéphanie Ledu, and illustrated by Aurélie Grand, Éditions Milan, "Mes P'tits Docs" collection, 2012.

#### FURTHER READING FOR TEACHERS

*The Little Communist Who Never Smiled*, by Lola Lafon, Seven Stories Press.

#### ALL CNOSEF CYCLE 2 EDUCATIONAL FILES:

Examine the world: "Gymnastics"

French: "Olympic Games vocabulary in French"

Mathematics: "Perimeters and tennis"

Language studies/vocabulary: "Olympic Games vocabulary"

Moral and civic education: "Rugby and the importance of rules"



# STUDENT WORKSHEET

CYCLE 2 • PE

## LEARN ABOUT WATER POLO



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### VOCABULARY



**TEAM:** A group of people who work together to achieve the same goal.

**TEAMMATE:** A member of a team.

**REFEREE FLAG:** A piece of (colored) fabric used to signal fouls.

**RESPECT:** Behavior showing high regard towards someone.



### ACTIVITIES

#### ▶ ACTIVITY 1: JUMP IN!

• **What you should learn during water polo sessions:**

- Adapt movement in the water.
- Work with your team to compete against another team.
- Adhere to the rules.
- Play while always keeping your whole team in mind.

**What you should never do in water polo:**

- Push the ball underwater.
- Push an opponent underwater.
- Move around with the ball in hand.

Right after each water polo session, take your worksheet and answer the questions. This can be done alone, in pairs, or in groups.

Student work will then be shared aloud in class to review together after each session after each session.

#### Session 1:

What you are able to do:

.....

.....

What you still need to improve:

.....

.....



### TIPS & TRICKS



Sleep helps you learn better. When you sleep, **your brain records what you've learned** during the day. But for that to happen, you have to get enough sleep. At your age, **you need to sleep for about ten hours.** So if you wake up at 7:30 a.m., you should be in bed by 9:00 p.m.

And to fall asleep easily, do **a quiet activity before going to bed**, by avoiding screens (TV, video games, etc.), which excite the brain.





What you can improve as a team:

.....  
.....

Watching the other teams play, you noticed:

.....  
.....

What you have learned about water polo:

.....  
.....

**Session 2:**

What you are able to do:

.....  
.....

What you still need to improve:

.....  
.....

What you can improve as a team:

.....  
.....

Watching the other teams play, you noticed:

.....  
.....

What you have learned about water polo:

.....  
.....

.....  
.....





### Session 3:

What you are able to do:

.....

.....

What you still need to improve:

.....

.....

What you can improve as a team:

.....

.....

Watching the other teams play, you noticed:

.....

.....

What you have learned about water polo:

.....

.....

### Your impressions

Can you name two Olympic values that you remember after the water polo sessions (knowing that there are at least three)?

.....

.....



## ▶ ACTIVITY 2: INTRODUCTION TO WATER POLO THROUGH WORDS AND PICTURES

### Exercise 1

**Let's look for these definitions together.**

Cooperate:

---

---

Pass:

---

---

Goal:

---

---

Opponent:

---

---

Offense:

---

---

Bypass:

---

---



## Exercise 2

**FUN FACT!** Water polo is a team sport played between two teams of seven players in the water using a ball.

Describe the equipment and accessories you see in the pictures below.



© Fotolia

This is a .....



© Fotolia

Players wear a .....  
on their head. The official colors at the Olympic  
Games are one team in white, the other team in  
blue.



© Fotolia

Goalkeepers wear caps that are

.....



© Fotolia

This is a .....



© DR

These are .....  
used by referees.



### Exercise 3

Here are the rules for water polo. Complete the text by filling in the blanks:

#### Students 6–7 years old

Water polo is a team sport that is played with a ..... in the .....

Each team is made up of ..... players.

The game requires a great deal of cooperation between members of the same .....

The objective is to get the ball in the ..... of the opposing team.

The referee signals fouls with a .....

#### Students 7–9 years old

Water polo is a team sport played with ..... in .....

A water polo match is played in four quarters, each lasting 8 minutes (or 7 minutes for players under 18 years of age). Between the first three quarters, players have 2 minutes to rest; the break is extended to 5 minutes between the third and fourth quarters.

The game requires a great deal of ..... between members of the same .....

because the objective is to .....

The referee signals fouls using a .....

#### FIND OUT MORE:

In the early days of water polo, players rode on floating barrels and would hit the ball with a mallet-like stick, like in polo... Hence the name!



### REVIEW

- Water polo is a team sport that requires a great deal of cooperation between players.
- Scoring in water polo is only possible if teammates look at and listen to each other. They win or lose together.
- Water polo made its debut as an Olympic sport at the 1900 Olympic Games in Paris.



## NOW, TAKE ACTION!

- **Realize that there is no 'I' in team and that you can't win alone.**  
Watch where your teammates are, listen to their advice, and try to imagine their future actions in order to make better decisions.
- **Don't take sole credit for a win,** and in case of defeat, don't blame others. Playing as a team means sticking together in all situations.
- **Respect the opposing team,** who gave it their best, just like your team did.
- **If you compare life to sports,** you realize that you should act the same way you do in a match: cooperate with those who can help you, help them in turn, and respect others' opinions even if you think differently.



# CYCLE PROGRESS WORKSHEET

CYCLE 2 • PE

## LEARN ABOUT WATER POLO

**The purpose of the unit is to teach students how to cooperate (i.e. work together) through games with a ball and swimming.**

**Knowing how to swim is one of the end-of-cycle objectives. The unit is therefore particularly intended for children 8–9 years old. However, it can be adapted.**

### **Water polo unit prerequisites for students 8–9 years old:**

- Know how to float.
- Know how to submerge voluntarily.
- Know how to move around independently.

**However, sessions can still be held if the prerequisites are not met (and for children 6–7 years old). In such cases:**

- Non-swimmers are to wear a floatation belt. Swim belts are used to help students stay at the surface.
- Lessons are to be held in the shallow end of the pool. Students should be able to touch the bottom.



# IT'S YOUR TURN!

CYCLE 2 • PE

## LEARN ABOUT WATER POLO

### PUT YOUR KNOWLEDGE TO THE TEST

#### 1 ANSWER "TRUE" OR "FALSE":

Water polo is an Olympic event.	
Water polo is a team sport.	
Water polo is played using a racket.	

#### 2 HOW MANY PLAYERS DOES A WATER POLO TEAM HAVE?

- 5                       7                       13

#### 3 WHAT YEAR DID WATER POLO BECOME AN OLYMPIC SPORT?

- 1896                       1900                       1924

#### 4 HOW DOES THE REFEREE SIGNAL A FOUL?

- With a whistle       With a flag       With a bell

### TEST YOUR KNOWLEDGE FURTHER

#### 1 WHERE ARE WATER POLO MATCHES PLAYED DURING THE OLYMPIC GAMES?

- In the ocean                       In a swimming pool                       In a lake

#### 2 WHICH EASTERN EUROPEAN COUNTRY HAS WON THE MOST GOLD MEDALS IN WATER POLO AT THE OLYMPIC GAMES?

- Hungary                       Ukraine                       Russia

#### 3 WHICH COUNTRY'S WOMEN'S WATER POLO TEAM WON GOLD AT THE 2016 OLYMPIC GAMES IN RIO DE JANEIRO?

- The United States                       Hungary                       China







# IT'S YOUR TURN! ANSWER KEY

CYCLE 2 • PE

## LEARN ABOUT WATER POLO

### PUT YOUR KNOWLEDGE TO THE TEST

#### 1 ANSWER "TRUE" OR "FALSE":

Water polo is an Olympic event.	True: Water polo is an event at the Summer Olympics.
Water polo is a team sport.	True.
Water polo is played using a racket.	False. Water polo is played using a ball.

#### 2 HOW MANY PLAYERS DOES A WATER POLO TEAM HAVE?

- 5                       7                       13

#### 3 WHAT YEAR DID WATER POLO BECOME AN OLYMPIC SPORT?

- 1896                       1900                       1924

#### 4 HOW DOES THE REFEREE SIGNAL A FOUL?

- With a whistle                       With a flag                       With a bell

### TEST YOUR KNOWLEDGE FURTHER

#### 1 WHERE ARE WATER POLO MATCHES PLAYED DURING THE OLYMPIC GAMES?

- In the ocean                       In a swimming pool                       In a lake

Water polo is played in an indoor pool. The size of the pool is 30-by-20 meters for men, and 25-by-20 meters for women.

#### 2 WHICH EASTERN EUROPEAN COUNTRY HAS WON THE MOST GOLD MEDALS IN WATER POLO AT THE OLYMPIC GAMES?

- Hungary                       Ukraine                       Russia

#### 3 WHICH COUNTRY'S WOMEN'S WATER POLO TEAM WON GOLD AT THE 2016 OLYMPIC GAMES IN RIO DE JANEIRO?

- The United States                       Hungary                       China

The United States won gold in 2016. The U.S. team has won medals in every competition since women's water polo became an Olympic sport in 2000.



**4 WHICH OF THE FOLLOWING QUALITIES MAKE A GOOD WATER POLO PLAYER?**

- Commitment       Violence       Respect       Cooperation

**5 CONNECT THE FOLLOWING SPORTS AND EQUIPMENT:**

