

PE Lesson : On-land Diving

[Watch the video](#) of Olympic finalist Ollie Dingley diving at the National Aquatic Centre .

Game 1: Onland Diving Practice

Key Learning

On-land diving drills are taught to beginner divers and are still practiced everyday by professional and Olympic divers. They make up the fundamental movements of diving and incorporate core work, flexibility, strength and balance. Professional divers also incorporate visualisation into these basic diving exercises.

Warm Up

Head to toe gentle warm up.
Head, neck, shoulders, waist, hips, legs, ankles, toes.

Stretching

- Pike shape on the floor- reach forward and touch your toes hold for 10-15 seconds
- Pike shape standing up - head and arms hang down to the floor
- Tuck shape- (see image)
- Neck stretch



- Shoulder stretch (arms over head)
- Pointing toes- on knees
- Seal stretch- (see image)



Onland Diving Practice

FMS (Functional Movement Skills) Focus

Develops stability skills - working on balance while holding diving postures and landing correctly when doing a tumble.

Equipment needed

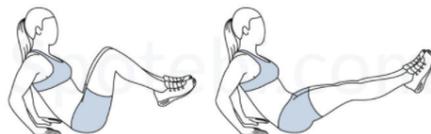
- Mat

How To Play

A. Diving Drills

Incorporate the shapes of a dive. Begin in a seated position with hands and feet on the floor.

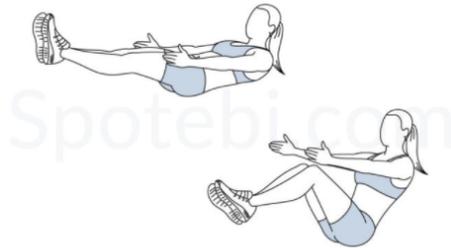
1. Tuck Kick Outs
 - a. Sit down with your hands on the mat, your legs fully extended and lean back.
 - b. Bend your legs and bring your knees towards your chest.
 - c. Hold for a second and then fully extend your legs without touching the mat.
 - d. Repeat



2. Pike ups (V-sits)
 - a. Contract your abdominal muscles and core slowly and lift your legs up to an extended position at a 45-degree angle with your torso.
 - b. Reach your arms straight forward or reach up toward your shins as you are able. It's important to maintain good core posture and a strong spine throughout the movement and to avoid rounding the shoulders forward. Don't hold your breath—continue to breathe deeply during the movement.
 - c. Hold this V-shaped position for 1-2 seconds to begin. As you get stronger, hold the position longer.
 - d. Return to your starting position slowly while continuing to keep your abs engaged and tight.
 - e. Just before you reach the floor, stop and hold the position for a few seconds.



f. Repeat this entire movement several times.



3. Tuck kick - look - reach (progressions)

a. Same as number 1, but this time, you reach and lean forward and touch your feet.

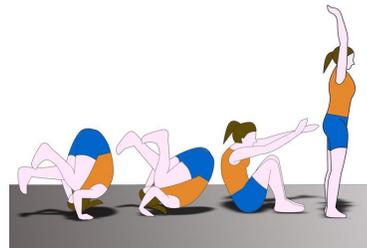
B. Tumbling exercises:

Forward roll -

Student puts hands on the ground in between feet.

Tuck head in and look through the legs behind.

Keep your head tucked in and fall over



C. Add all of them together

D. Toe Stretching:

Taking their foot off the pedal of a race car and hold for 8-10 seconds.

Ollie's Pro Tip!

The secret to divers not making a splash is the way they hold their hands. They create a bubble in the water and dive into it. To do this correctly, put one arm over your head, face your palm up toward the sky and grab the back of that hand with the other hand. Your thumbs should be interlocked and your fingers wrapped around the hand that will hit the water. Now squeeze tightly so that your arms press against your head. Your palm should be flat enough so that if a diver were to stand on the ground in proper alignment, a book could be balanced on the flat hand.

