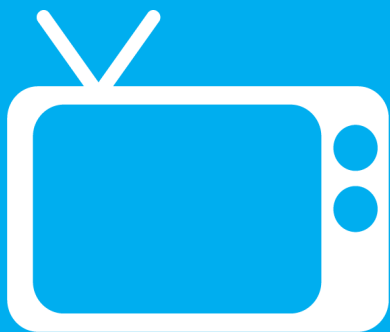
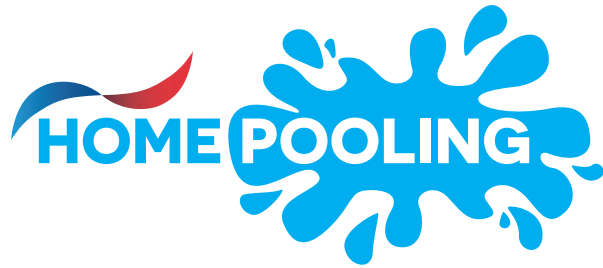


# HOME POOLING

## LESSON SIX MEDIA





## WELCOME TO THE SIXTH LESSON OF OUR NEW HOME POOLING CLASSES

Welcome to the sixth of our new Home Pooling challenges! Each week, we will be releasing two challenges across a variety of subjects for parents and carers to work through with their children at home – with a British Swimming twist to each one.

Once your child/children have completed the relevant tasks, submit their work over social media by tagging @BritishSwimming using the hashtag #HomePooling – and one lucky child from each task will receive a personalised video message from one of our swimming, para-swimming or diving stars.

Good luck and have fun!

## INTRODUCTION

*Great Britain's men secured gold in the Men's 4x100m Medley Relay in dramatic style at the 2019 World Championships in Gwangju.*

*The quartet of Luke Greenbank, Adam Peaty, James Guy and Duncan Scott finished in a new European record time to take victory ahead of the USA in second and Russia in third.*

*Scott swam the anchor freestyle leg, starting in third place before powering past Vladimir Morozov and Nathan Adrian in the final 30m to touch first. Commentator Andy Jameson helped describe the drama on the BBC Sport television coverage in the final seconds of the race...*

*"Duncan Scott is going to overtake. Can Britain get the gold? Duncan Scott has just got Great Britain the gold medal. I'm so excited here, what an unbelievable swim!"*

## TASK ONE – DO YOUR OWN COMMENTARY ON DUNCAN SCOTT'S AMAZING ANCHOR LEG SWIM (KEY STAGE 1 AND KEY STAGE 2)

Now it's your turn to get the microphone out, sit in the commentary seat and see what it is like to describe a swimming race as it happens.

Your challenge is to commentate on Duncan Scott's freestyle leg in this race.

Starting at 2.40 in the video on the [BBC Sport website](https://www.bbc.com/sport/swimming), we want your best efforts at commentary. Remember, Duncan is in lane six, Nathan Adrian of the USA is in lane five directly above him, and Russia's Vladimir Morozov is above him in lane four.



## BONUS TASK

If you're feeling really ambitious and enjoyed the main task, why not have a go at commentating on the whole race, from Luke Greenbank's start with the backstroke leg, to Adam Peaty doing breaststroke, James Guy on butterfly and then Duncan in the freestyle.

Remember to send us in clips of you doing your commentary using the #HomePooling – and you might get a video message from one of the swimmers involved in that epic race!