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★ ★ ★ ★ ★
Keine Stimmen

Kolumbus' Reise nach Amerika



In dieser lebendigen Sportlektion im Wasser begleiten die Kinder Kolumbus auf seiner Reise nach Amerika.

Bei diesem Artikel handelt es sich um einen Forum Heft-Artikel.

A boys' choir afternoon with an aha effect

The weather is cloudy, the water in the swimming pool is pretty cold - and someone is supposed to be able to warm up the children for a sports lesson! We accompany Columbus on his voyages of discovery.

The swimmers and non-swimmers are certainly more motivated to take part in "Columbus' Voyage to America" than in length swimming and diving.

Destination of the journey

With "Columbus' Voyage to America", children get used to the (cold...) water in a varied way. The intensive movement quickly makes you forget the cold. Thanks to simple swimming aids, even children with little swimming experience can take part and have fun in the water.

Preparations

Preparations are kept to a minimum. If the lesson is held in an outdoor or indoor pool, it is advisable to cordon off an area in the pool. This is a zone with water depth between shoulder and head height.

Swimming aids can be hired from most pools (possibly for a deposit). Swimming boards and pool noodles are particularly suitable. A whistle to give the person in charge the necessary attention is an advantage, as it can quickly become loud and funny.

Life jackets are highly recommended in open waters (especially rivers).

Historical background

The Italian merchant Christopher Columbus maintained business relations with India, among others. In order to make the long and arduous overland journey over hill and dale easier, the search for a sea route was highly topical during Columbus' lifetime. The explorer was promised enormous riches. While other seafarers were looking for a sea route around Africa, he hoped that a westward route would bring him the desired success. After long calculations, he became convinced that such a venture would lead to his goal. He knocked on the doors of various royal houses, but was turned down everywhere. Only the Spanish queen placed her trust in him and sent him on his journey into the unknown at the beginning of August 1492. After a repair stop in the Canary Islands and 40 days on the open sea, the sailor saw land on the horizon for the first time - the Bahamas! But instead of the Indians, they encountered islanders - friendly at first, soon very hostile and quarrelsome.

Over the next few weeks, they sailed to various islands - the main ship was destroyed in a storm off what is now Hispañola. A makeshift fort was built from the wreckage and 40 men were left behind.

Columbus immediately set off with the rest of his crew to report back to the queen. She received him with enthusiasm.

On his return to Hispañola a year later, he found the fort destroyed and all the friends he had left behind dead.

On two further voyages to America, Columbus brought soldiers and weapons to America and slaves to Europe. he died in Spain in 1503 after falling out with the king and never receiving and enjoying the privileges and riches he had been promised.

Lesson plan

We play the story together with the children on an ongoing basis. We change roles from time to time: we set sail as Columbus, enjoy a calm as the ship's crew, massacre the 40 men as Indians or greet Columbus as Queen after his first return to Spain.

In front of the royal houses

We kneel down on the shore/bassin edge (royal house) and ask for funding for the journey. Unfortunately, we are turned away and therefore get into the cold water. After a short walk in the water, we go back ashore and repeat the story: Kneel down, beg, be turned away. This time we jump into the water. It's only the third or fourth time that our request is granted: the team cheers quietly.

Preparations for the journey

The three ships have to be loaded with material before the big crossing! Each participant has to wade from the king's house (mainland) to the ship, holding their hands above their heads. When the "ship" is already about head-deep in water, the children have to keep pushing themselves off the ground or swim a short distance without hands.

Plunge into the sea

From the shallowest part of the water, we push the (fictitious) ships into the water. After a few meters we make a huge farewell salute.

Now it's time to wade a few laps and then swim them.

Storm and Canary Islands

Suddenly the wind picks up and the boats are shaken. Together we imitate a storm and are shaken violently. Afterwards, we go ashore and get the swimming boards or pool noodles.

Lull

With the swimming aids, we try to float as calmly as possible on the water. There is no movement to be seen and no sound to be heard.

Land in sight

In groups of around six to nine people, we try to form a three-storey human pyramid. As soon as one is finished (or after a certain time), the leader shouts "Land in sight!" All the children start jumping and hopping, everyone looking forward to the adventure that follows the boring ride.

Landing in the Bahamas

Finally we can drop the anchors (this is done with the children) and the rowing boats are lowered into the water. Now it's time to row: We "row" 100 meters because of the shallows.

Confrontation with the inhabitants

We divide the children into two groups and let them row together. Caution: Make clear rules about what is allowed and what is not!

After a few minutes, the parties withdraw.

Slave trade

Divided into groups of two, the children take it in turns to be pulled a short distance through the water. (The children can be shown the rescue grip - neck or neck-forehead grip)

"Welcome home"

After the trip home (all in "return gear"), the pack is welcomed home with loud hellos, stomping and cheering.

Back in Hispañola

After the big party, we drive (swim) back to Hispañola. For once there is no welcome cheering in the village, instead we set about digging graves for the dead. Of course, we also have to dive...

Extensions and adaptations

Of course, further scenes can be added. There are no limits for the director. The scenes can also be played in a different order.

Instead of Columbus' story, any other biography can be chosen or invented, for example...

- other well-known seafarers and explorers
- Paul
- Noah
- Jesus and the various sea and ship stories.

Conclusion

Depending on how the afternoon is organized, this part can be an introduction to a water activity or a stand-alone sports block. Accordingly, the actual sports block or warm showers form the conclusion of "Columbus' Voyage to America".

Source reference



- **Content and picture:** Forum Kind issue 2/04, pages 27 + 28. Lively sports lesson in the water. © Copyright www.forum-kind.ch
- **Author:** Lori Keller

Weitere Informationen

Categories
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