

HOW I LEARNT SWIMMING

Learning something new can be a scary experience. One of the hardest things I've ever had to do was learn how to swim. I was always afraid of the water, but I decided that swimming was an important skill that I should learn. I also thought it would be good exercise and help me to become physically stronger. What I didn't realize was that learning to swim would also make me a more confident person.

New situations always make me a bit nervous, and my first swimming lesson was no exception. After I changed into my bathing suit in the locker room, I stood timidly by the side of the pool waiting for the teacher and other students to show up. After a couple of minutes the teacher came over. She smiled and introduced herself, and two more students joined us. Although they were both older than me, they didn't seem to be embarrassed about not knowing how to swim. I began to feel more at ease.

We got into the pool, and the teacher had us put on brightly colored water wings to help us stay afloat. One of the other students, May, had already taken the beginning class once before, so she took a kickboard and went splashing off by herself. The other student, Jerry, and I were told to hold on to the side of the pool and shown how to kick for the breaststroke. One by one, the teacher had us hold on to a kickboard while she pulled it through the water and we kicked. Pretty soon Jerry was off doing this by himself, traveling at a fast clip across the short end of the pool.

Things were not quite that easy for me, but the teacher was very patient. After a few more weeks, when I seemed to have caught on with my legs, she taught me the arm strokes. Now I had two things to concentrate on, my arms and my legs. I felt hopelessly uncoordinated. Sooner than I imagined, however, things began to feel "right" and I was able to swim! It was a wonderful free feeling - like flying, maybe - to be able to shoot across the water.

Learning to swim was not easy for me, but in the end my persistence paid off. Not only did I learn how to swim and to conquer my fear of the water, but I also learned something about learning. Now when I am faced with a new situation I am not so nervous. I may feel uncomfortable to begin with, but I know that as I practice being in that situation and as my skills get better, I will feel more and more comfortable. It is a wonderful, free feeling when you achieve a goal you have set for yourself.

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WRITING SENTENCES subjects and predicates subject verb agreement simple and compound sentences complex sentences sentence fragments run on sentences and sentence types WRITING PARAGRAPHS writing a topic sentence writing a concluding sentence developing the topic using tense consistently using transitional words and staying on the topic ESSAY WRITING TECHNIQUES brainstorming clustering outlining writing an introductory paragraph with a question or a surprising statement developing the topic using examples avoiding irrelevant details writing a concluding paragraph proofreading and writing a five paragraph essay

Cracking the AP U. S. Government and Politics, 2004-2005 Tom Meltzer, Princeton Review (Firm), Paul Levy, 2004 The fiercer the competition to get into college the more schools require that students prove themselves in other ways than SAT scores and grade point averages The more expensive college educations become the more students take advantage of the opportunity to test out offirst year college courses Includes 2 sample tests with full explanations for all answers The Princeton Review s proven score raising skills and techniques Complete subject review of all the material likely to show up on the AP U S Government Politics exam

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Common Core for the Not-So-Common Learner, Grades 6-12 Andrea Honigsfeld, 2013-08-16 Offers advice tools and strategies to build struggling learners language skills

Practicing Theory in Second Language Writing Tony Silva, Paul Kei Matsuda, 2010-01-15 Theory has been used widely in the field of second language writing Second language writing specialists teachers researchers and administrators have yet to have an open and sustained conversation about what theory is how it works and more important how to practice theory Practicing Theory in Second Language Writing features fourteen essays by distinguished scholars in second language writing who explore various aspects of theoretical work that goes on in the field

English Language and Literature for the IB Diploma Brad Philpot, 2011-07-14 For students studying the new Language A Language and Literature syllabus for the IB Diploma Written by an experienced practising IB English teacher this new title is an in depth and accessible guide for Standard and Higher Level students of the new Language A Language and Literature syllabus for the IB Diploma This lively well structured coursebook is available in both print and e book formats and includes key concepts in studying language and literature text extracts from World literature in English and in translation

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literacy and how institutional and cultural power is reinforced in the pedagogies and values of the writing classroom and writing profession Integrated English Practice II Alfredo A Camacho Delgado, Marisol Patterson Peña, Matilde L Patterson Peña, Consuelo Mora Lorenzo, Alfredo Sánchez Sánchez, Diana R Morales Rumbaut, Luis González Pérez, Jesús Díaz de Villegas Cruz, Juan Carlos Pellón Hernández, Iraida Herrera Bermúdez, Milton Bosch Izquierdo, Eida de la Paz Gálvez, 2021-07-16

Integrated English Practice II es un libro de curso intermedio para la formación de profesores de inglés de pregrado en Cuba que hace propio un enfoque comunicativo para la enseñanza y el aprendizaje de idiomas y que tiene la intención de responder a las necesidades particulares de los educadores. Está conformado como un cuaderno de ejercicios y forma parte de una serie que le permitirá al lector practicar sistemáticamente la comprensión auditiva, la expresión oral, la lectura y la escritura, así como el vocabulario y la gramática. También incluye oportunidades para aprender sobre la lengua extranjera a través de la lengua extranjera y sobre la cultura en la que se usa. *Kaplan SAT Premier 2015-2016 with 8 Practice Tests* Kaplan, 2015-03-03

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