

# The Swim

## Lesson Packet: A Day on the Boat

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## Introduction

Ben Lecomte is swimming across the Pacific Ocean! While he swims, the Crew of Seeker is tackling a host of scientific protocols while helping Ben and keeping the Boat on course. The Day on the Boat Lesson Pack for The Swim provides recommended materials for teachers interested in creating a lesson around the day to day of life on Seeker, what it means to be a citizen scientist, and how the boat operates while Ben swims.

The following lesson pack provides recommended materials for teachers interested in creating a lesson around the event. This pack contains multimedia resources, worksheets, and a standard lesson plan targeting students ages 10-14. While the target age is middle school levels, this lesson pack also highlights discussion topics for both higher and lower student levels.

This pack is designed to be as flexible as possible with various levels of vocabulary, scientific information, and student discussion topics to be added to and changed as befitting the class.

Teachers are encouraged to use the suggested materials at will depending on their class size, background, and curriculum requirements. Discussion topics and student conversation questions are highlighted in **ORANGE**.

We hope your students have as much fun with The Swim as we do!

## Lesson Plan

SUBJECT:		Ben Lecomte's The Swim	
<b>LESSON      A Day on the Boat</b>			
TITLE:		A day on the Boat	
LESSON LEVEL:		Beginner/Intermediate	DURATION: 20-30 mins
OBJECTIVE:	<ul style="list-style-type: none"> <li>• Students will understand the day to day activities of running an expedition like the Swim.</li> <li>• The students will be familiar with the breadth of the scientific experiments being recorded during The Swim and how they articulate with Ben and the Ocean.</li> <li>• Students will be familiar with how the crew lives, collects data, and monitors Ben.</li> <li>• Students will be able to talk holistically about the Science projects of the Swim.</li> </ul>		
SUMMARY OF TASKS/ACTIONS:	<ol style="list-style-type: none"> <li>1. (5min) Introduction of teacher, lesson, and watch Ben's introduction of the roll of sound collection in The Swim.</li> <li>2. (10min) Students will watch a video of Ben and the Crew talking about the daily schedule of the Boat, Bens swim schedule, and what it is like being on the boat. They will discuss this video with the teacher.</li> <li>3. (10min) Students will receive a handout from the teacher on the day to day of the Swim.</li> <li>4. (5min) The students will debrief about the activity with the teacher.</li> </ol>		

## Vocabulary

<b>Protocol (n)</b>	a plan for a scientific experiment
<b>Citizen Science</b>	science involving members of the public in collecting data
<b>Medic</b>	a medical practitioner
<b>Skipper</b>	the captain of a ship or boat.
<b>Crew</b>	the people working on board a ship
<b>Research</b>	the collecting of information about a particular subject
<b>Psychology</b>	the scientific study of the mind and behavior
<b>Log/ Logbook</b>	an official record of events during the voyage of a ship

## Suggested Talking Points of A Day on the Boat

The crew of the Swim is made up of seven people and Ben who live on the boat while Ben swims across the Pacific Ocean. This means they will live on a boat until Ben completes his journey.

The crew on the boat are all **citizen scientists**, just interested people who like science and want to help collect research data for big data sets.

What do you think goes into the daily work of the Crew while Ben is Swimming?

### Types of Scientific protocols in the Swim:

The Swim is also responsible for undertaking a record breaking data collection of water, pollution, and medical measurements in accordance to protocols sent in from academic and scientific institutions.

The Science protocols of the Swim are broken up in two main categories: experiments interested in the **biological** part of the swim and experiments interested in the **environmental** impact humans have on the ocean.

Biological and medical protocols include projects about gravity, thermoregulation, the microbiome, and the heart.

Environmental protocols include projects concerning micro-plastics, microfibers, large plastic debris, water acidity, radioactivity, and microfibers.

Which is more interesting to you? Why?

The Swim is an important expedition because since the boat only goes as fast as Ben swims the crew are able to collect water and data at a much more detailed level than any other boats which move faster.

### The Psychological Challenge of the Swim

What do you think can be difficult about the Swim?

An important protocol of the Swim is the psychological protocol, which monitors the effects of intense exercise from Ben, and the extreme isolation of living on the boat with daily questionnaires, and diary keeping. Every little detail is important when documenting the psychological state of Ben and the crew.

The logbook of The Swim can be found at [www.benlecomte.com/log-book](http://www.benlecomte.com/log-book)

## Student Activity Pages

### Imagination Exercise

Have students think about the different positions in the Swim. Have the students fill out the accompanying worksheet imagining themselves in the Swim while thinking about the expedition as a whole.

### Letter Writing

Have students write a letter of encouragement and with any questions they might have to Ben and the Crew!

These letters can be transcribed or photographed and submitted to

[contact@thelongestswim.com](mailto:contact@thelongestswim.com)

### Citizen Science Initiatives Worksheet and Presentation

Have students search through citizen science projects either individually or in groups, using either taught research techniques or guided with the links provided under *Further Resources*. Students will present their Citizen Science project to the class after filling out the page.

Name:

The Swim- A Day on the Boat

### Imagination Exercise

*Write down to discuss:*

What job would you do if you were part of the crew of the swim? Why?

What is your favorite scientific protocol? Why?

BEN LECOMTE

THE SWIM

What do you think would be easy about living on a boat for 8 months?

Seeker + Discovery

What do you think would be hard about being on the boat?

Name:

The Swim- A Day on the Boat

**Citizen Science Research Project**

What is the name of the Project you found?

Why is this interesting to you?

What do citizen scientists do to help the project?

BEN LECOMTE

THE SWIM

Seeker +  Discovery

Why do you think this is important?

## Further Resources

<http://benlecomte.com/logbook/>

<http://benlecomte.com/science/>

<http://www.ecology.com/2014/11/19/importance-citizen-scientists/>

### Citizen Science Project Lists

<https://www.nationalgeographic.org/idea/citizen-science-projects/>

<https://scistarter.com/finder>  
(1,500+ Database of Citizen Science projects)

<https://pbskids.org/scigirls/citizen-science>

<https://www.zooniverse.org/>