

**ANNUAL PREPARATORY PROGRAMME FOR ENHANCEMENT IN
ACADEMICS AND REVISION (APPEAR)
CLASS XII, ENGLISH CORE - 301
MODULE - XII (DEEP WATER)**

Module Detail	
Subject Name	English Core
Course Name	Annual Preparatory Programme for Enhancement in Academics and Revision (APPEAR) in English for Class XII
Module Name/Title	Deep Water
Module Id	lefl_10301
Pre-requisite	Knowledge of fear, overcoming fear, determination, perseverance, discipline, courage, vocabulary related to swimming and state of mind of a fear-stricken person
Learning outcomes	<p>After carefully reading this module and doing the suggested activities, you will:</p> <ul style="list-style-type: none"> • analyze the factors that caused fear of water in the writer’s mind, • describe the Y.M.C.A Pool (factual description), • analyze the impact of fear and steps followed by the author to overcome it, • make a list of the vocabulary related to water bodies and swimming, • locate the verbs of senses and verbs of actions that the narrator used to describe the misadventure at YMCA Pool, • understand the message/ underlying meaning of the story, • infer the meaning of perseverance through the

narrator's personal experience, and,

- interpret 21st century skills through the thematic expression of Deep Water.

Keywords

Treacherous, drowning, fear-stricken, misadventure, oblivion, brush aside, perseverance

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INTRODUCTION

The following excerpt is taken from *Of Men and Mountains* by William O. Douglas that was published in 1950. It reveals how as a young boy William Douglas nearly drowned in a swimming pool. The essay talks about the personal experience of the narrator. His early childhood days, his fear of water and his determination to conquer his fear provide the insights into the world of vibrant and thrilling story of his childhood days. The factors that caused fear in him. How fear made him different and fear-stricken is key part of this personal account. His determination to learn swimming under proper guidance teaches us a lesson to achieve something by virtue of planning and perseverance.

He could succeed to set an example for those who are the victim of low confidence or inferiority complex but want to get over it. Nothing is impossible if the person determines positively to accomplish it.

Pre-reading activities

You will make the list of the qualities that you need to be successful. It will help you to analyse the characters of the story.

What qualities should you possess to get the success?

- hard work
- willpower
- continuity in attempts
- access to proper guidance
-
-
-
-
-
-
-
-

Self-assessment by writing your strength and weaknesses. It helps you to understand your potential.

Strong points	Weak Points
- work hard	- fear of failure
- am positive	- lack continuity
- ambitious	- become nervous
-	-
-	-
-	-
-	-
-	-

Today you will study about an awe inspiring experience of the narrator which changed his entire perspective on life. He has shared his childhood experience about swimming and how he learnt it. He developed an aversion to the water because of some unfortunate incidents.

Activity-1

Listening & Reading

Listen to the audio text and while listening to the audio text, follow the text book carefully.

<https://ciet.nic.in/pages.php?id=flamingo&ln=en> (audio text)

<https://ncert.nic.in/textbook.php?lef11=3-14> (textbook)

Select the words for each column that you came across in the text.

(Water wings, swimming pool, drowning, dive off, breast stroke, paddle, sidestroke, frightened, panicky, dizzy, experience, ached, pounding, throbbing, swim, laugh, paddle, flail, pull, spring, throw, pick, toss, thrash, jump, carry, shook, strip, build, seem, hear, imagine, feel, understand, see, hear, imagine, feel, warned, hated, handicap, misadventure, paralysed, terror, terror-stricken, haunting, scream, horror, shrieking, tension, opportunity, confidence, wit, strength, expend,

satisfied, conquer, appreciate, free, relaxed)

Words related to swimming	Words describe mental condition	Words describe physical activities	Words that have negative connotation	Words that have positive connotation	Action verbs	Verbs/ Words of senses
1						
2						
3						
4						
5						

Three factors that caused fear in the mind of the narrator

Age	3 to 4 years old	8 or 9 years old	10 or 11 years old
Person-cause	His father	His mother	A big bruiser (a bully boy)
Place	The beach in California	The Yakima river	Y. M. C. A. Pool
Result/ Impression	Huge waves frightened	Treacherous	Created a negative picture about water bodies

- The narrator is talking about his personal experience.
- He decided to learn how to swim when he was 10 or 11 years old.
- He was living in the town of Yakima.
- It is situated on the bank of the Yakima River.
- But the river was treacherous (deceptive).
- His mother continually warned against it.
- His mother kept fresh in his mind the details of each drowning in the river.
- It caused a fear of water in him.

Y. M. C. A. Pool

- There was a pool at the Y. M. C. A. in Yakima.
- It offered the opportunity to him.
- It was safe.
- It was only two or three feet at the shallow end.
- It was 9 feet deep on other end.
- The drop was gradual.
- The narrator got a pair of water wings and went to the pool.

Inferiority complex

- He hated to walk naked into the pool.
- He didn't want to show his skinny legs.
- But he overcame it and did it.

He had an aversion (natural hatred) to the water

- That caused fear in him of water when he was three or four years old.
- His father took him to the beach in California.
- He and his father stood together in the surf (a wave).
- He held his father tightly however the waves knocked him down and swept him over.
- He was buried in water.
- His breath was gone.
- He was frightened.
- His father laughed.
- There was terror in his heart at the overpowering force of the waves.
- Negative parenting- He became fear- stricken because of his mother and father.

His introduction to the Y. M. C. A. swimming pool

- It revived unpleasant memories and stirred childish fears.
- He gathered his confidence to overcome it.
- He paddled (walk about in water only a few centimeter deep) with his new water wings.

- He watched the other boys and tried to learn by imitating them.
- He did it two or three times on different days.
- He was just beginning to feel at ease (comfortable) in the water when the misadventure happened.

Activity- 2

Based on the above-mentioned discussion, you will do the following activity. It will help you to assess the comprehensive understanding of the text.

1. Which river is mentioned in the essay?
 - A. The Yakima
 - B. The Maches
 - C. The Tleton
 - D. The Teanaway

2. How does the narrator's mother describe the Yakima river?
 - A. Treacherous
 - B. Insecure
 - C. Dangerous
 - D. Dismal

3. Which pool is the safe to learn swimming in the Yakima?
 - A. Lake Wentworth
 - B. Yakima
 - C. Bumping lake
 - D. Y.M.C.A.

4. How old was he when the Y.M.C.A. misadventure happened?
 - A. 3 to 4 years old
 - B. 2 to 3 years old
 - C. 10 to 11 years old
 - D. 18 years old

5. Who picked him up and tossed him into the deep end?

- A. His father
- B. A bully boy
- C. His instructor
- D. His friend

The misadventure at Y.M.C.A.

Misadventure	Series of emotions and fears he experienced while getting drowned	Physical condition	His attempts/ plans to come to the surface
A strong boy of 18 years old picked him up and tossed into the water.	He was frightened, but not out of his wits. He grew panicky.	He was getting tired. His lungs were ready to burst.	He planned- when his feet hit the bottom, he would make a big jump, come to the surface, lie flat on it, and paddle to the edge of the pool.
He didn't know whether the narrator could swim or not.	He was screaming, crying for help, he was looking for his mother. He was suffocating.	His legs hung as dead weights. They became paralyzed and rigid.	He gathered all his strength and made what he thought was a great spring upwards, He tried to bring his legs up.
Later he made it clear that he was just making fun of him.	He was getting dizzy. Terror seized him completely.	His lungs ached, head throbbed.	He remembered the strategy- he would spring from the bottom of the pool and come like a cork to the surface.

Had the narrator not rescued, he would have died.	He was paralyzed. He lost his confidence. He was losing his control over him. He shook and trembled with fright. He was getting unconscious. He crossed to oblivion.	He felt weak, almost dead. His arms and legs didn't move. His legs felt limp.	He jumped with everything he had. He tried to call for help. He went down thrice.
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Activity- 3

Writing task

Rewrite the given paragraphs in present tenses from the point of view of a third person by using third person personal pronouns to find out which style of narration is more effective.

“I flailed at the surface of the water, swallowed and choked. I tried to bring my legs up, but they hung as dead weights, paralysed and rigid. A great force was pulling me under. I screamed, but only the water heard me. I had started on the long journey back to the bottom of the pool.

I struck at the water as I went down, expending my strength as one in a nightmare fights an irresistible force. I had lost all my breath. My lungs ached, my head throbbed. I was getting dizzy.”

This experience affected him

The immediate effect of the misadventure was that he was weak and trembling. He couldn't eat anything. This experience affected him a lot. It made him a victim of low confidence. He feared all kinds of water bodies and avoided going near any water body if he could. He lost his confidence. He confined himself to the four walls. He became isolated. He became pessimistic. He could not go for fishing, canoeing, boating and swimming.

He decided to overcome his fear of water

He was a man of determination. He did not want to quit or give up. He used every way he knew

to overcome this fear but it held him firmly in its grip. Finally, he decided to get an instructor and learn swimming professionally. He did the practice with full of confidence under the abled guidance of the instructor. He practiced for 5 days a week, an hour each day.

He did it for 6 to 7 months. This journey of confidence building from October to April gave him a new perspective to assess situations with more confidence. The instructor taught him how to inhale, exhale and kick into the water. The instructor helped him to build a perfect swimmer in him. Though he had learnt how to swim with the help of the instructor, he was not satisfied. He wanted to test his level of confidence by swimming alone at the Lake Wentworth. He swam there as a perfect swimmer. There he enjoyed crawling, breaststroke, side stroke and backstroke. He made fun of the terror that made him paralyzed some time back.

Activity-4

On the basis of the above interpretation select the appropriate points to describe his condition for each column.

1. Fear-stricken
2. Weak
3. Trembling
4. With low confidence
5. Isolated
6. Pessimistic
7. Deprived of water body activities
8. Fear of water
9. Avoided water bodies
10. Practice with full of confidence
11. Faith in his ability
12. Swims with confidence
13. Takes decision independently
14. Satisfied
15. Enjoyed water body activities/swimming
16. Made fun of the terror
17. Analyzed the fear
18. Learnt a lesson from his experience

In the presence of fear	In the absence of fear
1	1
2	2
3	3
4	4
5	5
6	6
7	7
8	8
9	9

This experience had a deep meaning for him

He remembered the real analysis of fear given by President Roosevelt “All we have to fear is fear itself”. The narrator thought that who could appreciate him those who knew the stark terror and conquered it like him. He could succeed to brush aside his fear of water by virtue of perseverance and strong will power. He had deep meaning from his experience. It was the will to live somehow grim in intensity.

Activity-5

Complete the following table of problem solving with the help of the following points. Use the statements given against the tenets of problem solving procedure.

- A. The narrator gathered confidence and started paddling with his new water wings.
- B. He wanted to test his level of confidence by swimming alone at the Lake Wentworth.
- C. The instructor built a swimmer, he had perfected each piece, he put them together into an integrated whole.
- D. He went to a pool and practiced five days a week, an hour each day.
- E. Finally, one October, he decided to get an instructor and learn to swim.
- F. He used every way he knew to overcome this fear, but it held him firmly in its grip.
- G. He went to Lake Wentworth, dived into the lake and swam just as Doug Corpron used to do.
- H. He was deprived of the joy of canoeing, boating, and swimming.

Tenets	Statements
1. Positive attitude	
2. Cope with stress	
3. Acquire information	
4. Awareness and direction	
5. Communicate and empathize	
6. Team work and collaborate	
7. Think critical and creative	
8. Take decision and solve problems	

LET US SUM UP

It describes the journey of a fear-stricken boy who was the victim of a negative parenting. He wanted to learn swimming but the three factors that caused a fear of water in him. He finally overcame it by virtue of his undaunted nature and indomitable spirit. The causes of his fear of water were incident at the beach in California, misadventure at YMCA pool and negative picture of the Yakima River. Impact of his fear was pervasive. He lost his confidence. He lived with the fear of water for many years. This haunting anxiety ruined/destroyed all his fishing trips and activities related to water sports. He devised the strategy to overcome the fear. He hired the instructor who built a confidence in him. Proper guidance, continuous practice, strong determination and faith in one's attempt will help anyone to get over the problems in life. That is the universal message given by his experience. He has proved that all we have to fear is fear

itself. His experience gives us a universal message that fear makes human paralysed or almost dead but courage, self-confidence, grit, patience and determination brush the fear aside.

ANSWERS

Activity -1

Words related to swimming	Words describe mental condition	Words describe physical activities	Words that have negative connotation	Words that have positive connotation	Action verbs	Verb/ Words of senses
Water	Frightened	Swim	Warned	Opportunity	Swim	Seem
Wings	Panicky	Laugh	Hated	Confidence	Laugh	Hear
Swimming	Dizzy	Paddle	Handicap	Wit	Paddle	Imagine
Pool	Ached	Flail	Misadventure	Strength	Flail	Feel
Drowning	Pounding	Pull	Paralysed	Expend	Pull	Understand
Dive Off	Throbbing	Spring	Terror	Satisfied	Spring	See
Breast	Tension	Throw	Terror-	Conquer	Throw	
Stroke	Experience	Pick	Stricken	Appreciate	Pick	
Paddle		Toss	Haunting	Free	Toss	
Sidestroke		Thrash	Scream	Relaxed	Thrash	
		Jump	Horror		Jump	
		Carry	Shrieking		Carry	
		Shook	Tension		Shook	
		Strip			Strip	
		Build			Build	

Activity-2

1. A

2. A

3. D

4. C

5. B

Activity-3

“He flails at the surface of the water, swallows and chokes. He tries to bring his legs up, but they hang as dead weights, paralysed and rigid. A great force is pulling him under. He screams, but only the water hears him. He has started on the long journey back to the bottom of the pool.

He strikes at the water as he goes down; expending his strength as one in a nightmare fights an irresistible force. He has lost all his breath. His lungs ache, his head throbs. He is getting dizzy.”

Activity-4

In the presence of fear	In the absence of fear
1. Fear-stricken	1. Practice with full of confidence
2. Weak	2. Faith in his ability
3. Trembling	3. Swims with confidence
4. With low confidence	4. Takes decision independently
5. Isolated	5. Satisfied
6. Pessimistic	6. Enjoyed water body activities/swimming
7. Deprived of water body activities	7. Made fun of the terror
8. Fear of water	8. Analyzed the fear
9. Avoided water bodies	9. Learnt a lesson from his experience

Activity-5

Tenets	Statements
1	A
2	F
3	E
4	H
5	D
6	C
7	G
8	B

REFERENCES

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PRACTICE QUESTIONS

1. What does he fear of? And what are the reasons of his fear?
2. What were the series of emotions and fears that Douglas experienced when he was thrown into the pool?
3. How did the presence of fear affect him?
4. How did the instructor 'build a swimmer' out of Douglas?
5. Doing well in any activity, for example a sport, music, dance or painting, riding a motorcycle or a car, involves a great deal of struggle. Most of us are very nervous to begin with until gradually we overcome fears and perform well.

Write/ deliver a speech of about five paragraphs recounting such an experience. Try to recollect minute details of what caused the fear, your feelings, the encouragement you got from others or criticism.