



# Swimming

## Knowledge, understanding and Confidence

<b>Water Confidence</b>	<ul style="list-style-type: none"> <li>• Encourage the children to go into the water and move around confidently.</li> <li>• Ask them to hold the rail or the side of the pool and moves as they would on land.</li> <li>• Ask them to hold hands with someone else and help each other to travel in different ways.</li> <li>• Teach the children to use their arms to pull and push the water, to use their arms and legs together to stay together to stay upright and to move.</li> <li>• Show them how to move around in the water in many ways with their feet on the ground and with swimming aids.</li> <li>• Teach them to hold their breath and open their eyes under water. Ask them to put their heads under water and move short distances without touching the ground.</li> <li>• Teach them to stretch out on the water on their front and back, so that they lie flat.</li> </ul>
<b>Floating Activities</b>	<ul style="list-style-type: none"> <li>• Star Float on the back</li> <li>• Star Float on the Front</li> <li>• Mushroom Float</li> </ul>

## Skill Based Activity

<b>Push and Glide</b>	<p><b><i>Beginners Teaching Activities</i></b></p> <ul style="list-style-type: none"> <li>• Push and glide using two floats held forward of the head</li> <li>• The Ready Position: Both feet pressed against the wall, knees bent.</li> <li>• Push and glide using 1 float held forward of the head</li> <li>• The Ready Position: Holding the wall with one hand, the other arm pointed in direction of the Push and Glide. Both feet pressed against the wall, knees bent.</li> </ul>	<p><b><i>Beginners Teaching Points</i></b></p> <ul style="list-style-type: none"> <li>• Face in water</li> <li>• Blow bubbles</li> <li>• Like an arrow</li> <li>• Like a rocket</li> </ul>
	<p><b><i>Intermediate Teaching Activities</i></b></p> <ul style="list-style-type: none"> <li>• The Ready Position: Holding the wall with one hand, the other arm pointed in direction of the Push and Glide. Both feet pressed against the wall, knees bent.</li> </ul>	<p><b><i>Intermediate Teaching Points</i></b></p> <ul style="list-style-type: none"> <li>• Legs together</li> <li>• Legs stretched</li> <li>• Arms stretched</li> </ul>

	<ul style="list-style-type: none"> <li>• Push and glide without aids</li> </ul>	<ul style="list-style-type: none"> <li>• Tummy tight</li> <li>• Blow bubbles</li> <li>• Arms squeeze ears</li> </ul>
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**Stroke - Front Crawl**

<b>Front Crawl – Leg Technique</b>	<p><b><i>Beginners Teaching Activities</i></b></p> <ul style="list-style-type: none"> <li>• Using a woggle</li> <li>• Using two floats</li> <li>• Using 1 float</li> </ul>	<p><b><i>Beginners Teaching Points</i></b></p> <ul style="list-style-type: none"> <li>• Little, Fast kicks</li> <li>• Speedboat legs</li> <li>• Up and down</li> <li>• No bicycles</li> <li>• Stretch legs behind – Long Legs</li> <li>• Make the water bubble</li> </ul>
	<p><b><i>Intermediate Teaching Activities</i></b></p> <ul style="list-style-type: none"> <li>• Hands held in front</li> <li>• Float tilted upwards</li> </ul>	<p><b><i>Intermediate Teaching Points</i></b></p> <ul style="list-style-type: none"> <li>• Long legs, floppy feet</li> <li>• Fast, shallow kick</li> <li>• Legs straight</li> <li>• Toes on top of the water</li> </ul> <p>Front Crawl leg kick technique:  <a href="https://www.youtube.com/watch?v=igxALwog1IU">https://www.youtube.com/watch?v=igxALwog1IU</a></p>

<b>Front Crawl – Arm Technique</b>	<p><b><i>Beginners Teaching Activities</i></b></p> <ul style="list-style-type: none"> <li>• Copying the arm action on the land or in shallow water</li> <li>• Walking through the water practicing the arm action</li> <li>• Single arm action using a float held in the other</li> </ul>	<p><b><i>Beginners Teaching Points</i></b></p> <ul style="list-style-type: none"> <li>• Pull. lift, stretch</li> <li>• Stab a fish, put it in the basket</li> <li>• Brush thigh with thumb</li> </ul>
	<p><b><i>Intermediate Teaching Activities</i></b></p> <ul style="list-style-type: none"> <li>• Catch up with float held forward of head</li> <li>• Full stroke – flippers may be used</li> <li>• Full stroke – no aids</li> </ul>	<p><b><i>Intermediate Teaching Points</i></b></p> <ul style="list-style-type: none"> <li>• Draw a line from above head to thigh</li> <li>• Elbow held high</li> <li>• Hand faces feet</li> </ul>
	<p><b><i>Advanced Teaching Activities</i></b></p> <ul style="list-style-type: none"> <li>• Catch up with no float</li> <li>• Full stroke using a pull buoy</li> </ul>	<p><b><i>Advanced Teaching Points</i></b></p> <ul style="list-style-type: none"> <li>• Hand firm</li> </ul>

	<ul style="list-style-type: none"> <li>• Full stroke using flippers</li> <li>• Sculling practices to get a “feel” for the water</li> <li>• Full stroke – no aids</li> </ul>	<ul style="list-style-type: none"> <li>• Elbow high – Imagine; an eye on the elbow, looking up at the ceiling (AKA the “Eyebow”)</li> <li>• Catch the water</li> <li>• Hand close to centreline</li> <li>• Follow through to thigh</li> <li>• Feel water pressure on hand</li> </ul> <p>Front Crawl arm technique:  <a href="https://www.youtube.com/watch?v=TD90uEXQyII">https://www.youtube.com/watch?v=TD90uEXQyII</a></p>
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<b>Front Crawl – Breathing Technique</b>	<p><b><i>Beginners Teaching Activities</i></b></p> <ul style="list-style-type: none"> <li>• Blowing egg flips</li> <li>• Blow down on egg flip</li> <li>• Blowing bubbles</li> <li>• Humming into the water</li> <li>• In shallow water bending forward and practicing rhythmic breathing</li> <li>• In shallow water leaning forward and practicing using arms and rhythmic breathing</li> </ul>	<p><b><i>Beginners Teaching Points</i></b></p> <ul style="list-style-type: none"> <li>• Hum through nose</li> <li>• Make bubbles</li> <li>• Blow and breathe</li> <li>• Pull and breathe – stretch and blow bubbles</li> </ul>
	<p><b><i>Intermediate Teaching Activities</i></b></p> <ul style="list-style-type: none"> <li>• Float held at top with one hand and bottom corner with the other – kicking and breathing</li> <li>• Woggle tucked under one armpit other hand holding other end – kicking and breathing</li> <li>• Holding one arm straight in front – may be holding a float, other hand held at side. Roll and breath</li> <li>• Single arm practices with float</li> <li>• Catch up with breathing</li> <li>• Bi-lateral breathing with float</li> <li>• Flippers using full stroke</li> </ul>	<p><b><i>Intermediate Teaching Points</i></b></p> <ul style="list-style-type: none"> <li>• Ear in water</li> <li>• Roll head to side</li> <li>• Pull and breathe</li> <li>• Stretch and blow bubbles</li> <li>• Breath 2,3 – blow 2,3</li> <li>• Breath – blow bubbles, blow bubbles, blow bubbles, breath (Bilateral)</li> </ul>
	<p><b><i>Advanced Teaching Activities</i></b></p> <ul style="list-style-type: none"> <li>• Single arm – no float</li> <li>• Catch up – no float</li> </ul>	<p><b><i>Advanced Teaching Points</i></b></p> <ul style="list-style-type: none"> <li>• Roll whole body</li> <li>• Relaxed rhythm</li> </ul>

	<ul style="list-style-type: none"> <li>• Bi-lateral breathing – no float</li> <li>• Flippers and full stroke</li> </ul>	
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### Stroke – Back Stroke

<b>Back Stroke – Leg Technique</b>	<p><b><i>Beginners Teaching Activities</i></b></p> <ul style="list-style-type: none"> <li>• Using a woggle</li> <li>• Using two floats</li> <li>• Using 1 float – Cuddled like a teddy bear</li> </ul>	<p><b><i>Beginners Teaching Points</i></b></p> <ul style="list-style-type: none"> <li>• Little, Fast kicks</li> <li>• Speedboat legs</li> <li>• Up and down</li> <li>• No bicycles – Knees stay under the water</li> <li>• Long Legs – Floppy Feet</li> <li>• Make the water bubble – little splashes</li> </ul>
	<p><b><i>Intermediate Teaching Activities</i></b></p> <ul style="list-style-type: none"> <li>• 1 Float held over the knees – arms should be straight</li> <li>• No float – arms by the side</li> <li>• Arms above the head in a glide</li> </ul>	<p><b><i>Intermediate Teaching Points</i></b></p> <ul style="list-style-type: none"> <li>• Long legs, floppy feet</li> <li>• Fast, shallow kick</li> <li>• Legs straight</li> <li>• Toes on top of the water</li> </ul> <p>Back Stroke leg kick technique:  <a href="https://www.youtube.com/watch?v=DAW9sQXRkfA">https://www.youtube.com/watch?v=DAW9sQXRkfA</a></p>

<b>Back Stroke – Arm Technique</b>	<p><b><i>Beginners Teaching Activities</i></b></p> <ul style="list-style-type: none"> <li>• Copying the arm action on the land or in shallow water</li> <li>• <i>Single arm action, cuddle the float with one arm while the other swims – will only be able to do this if leg action is well established</i></li> </ul>	<p><b><i>Beginners Teaching Points</i></b></p> <ul style="list-style-type: none"> <li>• Soldier straight arms</li> <li>• Raise arm to 90degrees</li> <li>• At 90 degrees rotate hand – little finger to enter the water</li> <li>• Brush your ear with your arm</li> <li>• Push the water to your feet</li> </ul>
	<p><b><i>Intermediate Teaching Activities</i></b></p> <ul style="list-style-type: none"> <li>• Use both arms <b>WHOLE</b></li> <li>• Single arm action, cuddle one float across the chest <b>PART</b></li> <li>• Use both arms <b>WHOLE</b></li> </ul>	<p><b><i>Intermediate Teaching Points</i></b></p> <ul style="list-style-type: none"> <li>• Hand entry to be very close to the centre line</li> <li>• Brush the ear with your arm</li> <li>• Push the water with your hand</li> </ul>

		<ul style="list-style-type: none"> <li>• S-pull – bend of the elbow</li> </ul>
	<p><b>Advanced Teaching Activities</b></p> <ul style="list-style-type: none"> <li>• Use both arms <b>WHOLE</b></li> <li>• Single arm action, cuddle one float across the chest <b>PART</b></li> <li>• Use both arms <b>WHOLE</b> Balance a hoop on your face</li> </ul>	<p><b>Advanced Teaching Points</b></p> <ul style="list-style-type: none"> <li>• Hand entry to be very close to the centre line</li> <li>• Brush the ear with your arm</li> <li>• Push the water with your hand</li> <li>• S-pull – bend of the elbow</li> <li>• Keep your head still</li> </ul> <p>Back Stroke arm technique:  <a href="https://www.youtube.com/watch?v=dAmvlhdxzUA">https://www.youtube.com/watch?v=dAmvlhdxzUA</a></p>

<b>Back Stroke – Breathing Technique</b>	<p><b>Beginners Teaching Activities</b></p> <ul style="list-style-type: none"> <li>• None</li> </ul>	<p><b>Beginners Teaching Points</b></p> <ul style="list-style-type: none"> <li>• None</li> </ul>
	<p><b>Intermediate Teaching Activities</b></p> <ul style="list-style-type: none"> <li>• None</li> </ul>	<p><b>Intermediate Teaching Points</b></p> <ul style="list-style-type: none"> <li>• In on one arm out on the other</li> </ul>
	<p><b>Advanced Teaching Activities</b></p> <ul style="list-style-type: none"> <li>• None</li> </ul>	<p><b>Advanced Teaching Points</b></p> <ul style="list-style-type: none"> <li>• In on one arm out on the other</li> </ul>

## Stroke – Breast Stroke

Breast Stroke – Leg Technique	Teaching Activities	Teaching Points
	<ul style="list-style-type: none"><li>• Sitting on the poolside or any other elevated surface. The position of the feet should be emphasised.</li><li>• The stroke may be best practised in the supine position prior to the swimmer turning on to the front. This allows the swimmer to see the action of the legs and feet.</li><li>• At a rail or any convenient place depending on the structure of the pool</li><li>• Kicking in the supine position using floats or a woggle</li><li>• Kicking action in the prone position using two floats held so that the forearms are supported on the floats.</li><li>• Kicking action using one float, kicking action holding a woggle may be better than using a float as it gives more stability</li><li>• Vertical kicking downwards in deeper water i.e. treading water</li><li>• Kicking with a float emphasising a glide after each kick. This helps the swimmer to improve timing.</li><li>• Swimmers can count the number of kicks that it takes to cross the pool and then try to reduce the number.</li><li>• Leg action can be attempted without using a float, the arms may be extended or a more advanced practise is to have the arms at the side and feel for the feet as recovery takes place.</li></ul>	<ul style="list-style-type: none"><li>• 'Heels to buttocks' not 'knees to chest' during the recovery phase of the legs.</li><li>• Drive the legs backwards, speed should increase during this phase</li><li>• The feet should also be dorsi-flexed at this time. Draw a circle with the heel. Drive heels back first.</li><li>• The feet turned outwards in the propulsive phase of the stroke.</li><li>• Feet should 'whip' together at the end of the kick – kick hands forward.</li><li>• Kick like a frog.</li><li>• Squeeze the legs together.</li></ul> <p><i>An easy saying to remember:</i></p> <p><i>“Kick your bottoms, kick out to the side, SNAP them together”</i></p> <p><i>When the child is familiar with this saying it can change to:</i></p> <p><i>“Up, Out, SNAP together!”</i></p> <p>Breast Stroke leg technique: <a href="https://www.youtube.com/watch?v=nS0rZGfoStQ">https://www.youtube.com/watch?v=nS0rZGfoStQ</a></p>

<b>Breast Stroke – Arm Technique</b>	<p><b>Teaching Activities</b></p> <ul style="list-style-type: none"> <li>• Sculling practices should be encouraged.</li> <li>• The arm action should be tried standing in the pool with the water about chest high. The analogy of cleaning out a shallow bowl may help. Shoulders should be in the water.</li> <li>• The arm action can be tried whilst walking. Breathing can be incorporated into this practice 'Blowing the arms forward' can help here.</li> <li>• Using a woggle may help to teach the arm action or to correct the stroke of a swimmer who is taking the arms back too far.</li> <li>• The arm stroke can be tried from a glide to another glide.</li> <li>• The full stroke can then be tried.</li> </ul>	<p><b>Teaching Points</b></p> <ul style="list-style-type: none"> <li>• The arm action should be continuous from glide to glide; arm action should not start until the legs are together.</li> <li>• Keep hands in front of shoulders.</li> <li>• The arm action and leg action should remain narrow.</li> <li>• Scull with the hands.</li> </ul> <p>Sculling: <a href="https://www.youtube.com/watch?v=2CHt4J6nJvo">https://www.youtube.com/watch?v=2CHt4J6nJvo</a>  Breast Stroke arm technique: <a href="https://www.youtube.com/watch?v=KNtPr0tOnQI">https://www.youtube.com/watch?v=KNtPr0tOnQI</a></p>
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<b>Breast Stroke – Breathing Technique</b>	<p><b>Teaching Activities</b></p> <ul style="list-style-type: none"> <li>• This can be practiced during both part practice and full stroke practice</li> </ul>	<p><b>Teaching Points</b></p> <ul style="list-style-type: none"> <li>• Breathe each stroke.</li> <li>• 'Blow the hands forward'</li> </ul>
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