



## *Teaching Pool ( FUNdamentals )*

The FUNdamentals stage should be structured and fun because a child's attention span is short and there is a strong need for positive re-enforcement. Growth is rapid due to the development of large muscle groups, and therefore the emphasis should be on developing basic movement literacy and fundamental movement skills.

The skills to be developed are:

- **ABCs** (Agility, Balance, Coordination, Speed),
- **RJT** (Running, Jumping, Throwing),
- **KGBs** (Kinesthetics, Gliding, Buoyancy, Striking with the body)
- **CPKs** (Catching, Passing, Kicking, Striking with an implement).

As the size of the heart increases in relation to the rest of the body, endurance should be developed using FUN and games. In addition, children should be introduced to the simple rules and ethics of sports to complement the beginning of their understanding into the need for rules and structure. These activities should be part of well-structured programmes with proper progressions that are monitored regularly.

### *Starfish ( 45min ):*

#### *ASA Learn to Swim stages 1 and 2*

- Fully confident underwater
- Working on good technique over short distance
- Aquatic breathing: explosive, trickle
- Good leg action on front and back
- Streamline body when swim
- Rolling action front to back/ back to front
- Push and glide
- Front crawl:
  - Arms over the water
  - Flatter kick
  - Understanding of Catch-Pull-Push
- Backstroke:
  - Flatter kick

- Alternating arm action
- Straight arm recovery
- Head still

## *Seahorse ( 60min ):*

### *ASA Learn to Swim stages 3 and 4*

- All from Starfish group
- Working on good technique over short distance
- Sculling – head first/ legs first
- Underwater kick on front and back
- Rolling action from front crawl to backstroke/ backstroke to front crawl
- Changing shapes when floating
- Confidence in deep water
- Trading water for min 45sec
- Jumping into deep water
- Forward somersault
- Front crawl:
  - High elbow arm recovery
  - Bilateral breathing
  - One hand finish
- Backstroke:
  - Body rolls
  - Idea of the bend arm under water
  - Finish with one hand touch on back
- Breaststroke:
  - Whip kick ( narrow kick )
  - Glide after the kick
  - Idea of breaststroke arms
- Butterfly
  - Understanding of undulation ( body dolphin )
  - Underwater body dolphin

## *Main Pool ( SwimSkills )*

During the SwimSkills period, the nervous system is almost fully developed and there are rapid improvements in the co-ordination of movement skills. As a result, young people should learn how to train and develop sport specific skills. This is a good time to work on developing excellent technique in all four strokes as well as starts, turns and finishing skills. A multi stroke approach to training and competition will not only reduce the likelihood of injury but also ensure interest levels will remain high with the result that swimming should continue to be fun.

Studies have also shown that swimmers who do not develop early may have a slower initial increase in performance, however, they ultimately reach a higher level of achievement and are more likely to have a longer life in the sport. This is in contrast to early specialization, which may produce an initial rapid increase in performance, but a lower level of achievement and early retirement.

It is often a good idea to participate in complementary sports i.e. those sports, which use similar energy systems and movement patterns. Training should include the use of 'own body weight' exercises; medicine ball and Swiss ball exercises as well as developing suppleness. Swimmers should also learn the basic technical and tactical skills, (known as the ancillary capacities) which include:

- Warm up and cool down;
- Stretching;
- Hydration and nutrition;
- Recovery;
- Relaxation and focusing.

If a young swimmer misses this stage of development then he/she is unlikely to reach their full potential. One of the main reasons athletes plateau during the later stages of their careers is because of an over emphasis on competition instead of taking full advantage of training during this very important stage.

### ***Minnows ( 60min ):***

#### ***ASA Learn to Swim stage 5***

- Front crawl to ASA standards – 25m
- Backstroke to ASA standards – 25m
- Breaststroke to ASA standards – 10 strokes
- Butterfly to ASA standards – 6 strokes
- Turns + Underwater phases for all strokes
- Diving
- Working on good technique over short distance
- Using kickboard for front crawl and breaststroke
- Fins only for butterfly

### ***Herrings ( 60min ):***

#### ***ASA Learn to Swim stage 6***

- Front crawl to ASA standards – 50m with correct turn + underwater kick
- Backstroke to ASA standards – 50m with correct turn + underwater kick
- Breaststroke to ASA standards – 25m
- Butterfly to ASA standards – 12 strokes
- Individual Medley + turns – 100m
- 25m F/C – 25.99
- 25m B/S – 32.99
- 25m Br – 36.99

### ***Seals ( 60min ):***

#### ***ASA Learn to Swim stage 7***

- Front crawl to ASA standards – 100m with correct turn + underwater kick
- Backstroke to ASA standards – 100m with correct turn + underwater kick
- Breaststroke to ASA standards – 50m
- Butterfly to ASA standards – 50m
- 100m F/C 1:38.99
- 50m F/C – 45.99
- 50m B/S – 53.99
- 50m Br – 59.99
- 25m Fly – 28.99

# ASA Learn to Swim Framework (Stages 1-7)

These stages of the British Gas Learn to Swim Pathway take your child through FUNdamental Movement. They are based on developing skills, movement in the water, and having fun.

## Stage 1 of the ASA Learn to Swim Framework

In Stage 1 of the ASA Learn to Swim Framework your pupil should will develop basic movement skills, water confidence and safety awareness. Don't forget the swimmers will be able to use aids e.g. arm bands and floats to help complete this stage.

By the end of Stage 1 of the ASA Learn to Swim Framework your pupils should have reached 13 outcomes

1. Enter the water safely
2. Move forwards for a distance of 5 metres
3. Move backwards for a distance of 5 metres
4. Move sideways for distance of 5 metres
5. Scoop the water and wash face
6. Be at ease with water showered from overhead
7. Move into a stretched floating position using aids, equipment or support
8. Regain an upright position from on the back, with support
9. Regain an upright position from on the front with support
10. Push and glide in a horizontal position to or from a wall
11. Take part in a teacher-led partner orientated game
12. Demonstrate an understanding of pool rules
13. Exit the water safely

## **Stage 2 of the ASA Learn to Swim Framework**

During Stage 2 swimmers will develop safe entries to the water and will continue to practice floating, travel and rotation in the water. Remember swimmers can still use aids e.g. arm bands and floats to help complete this stage.

By the end of Stage 2 of the ASA Learn to Swim Framework, your pupils should have reached 10 outcomes

1. Jump in from poolside safely
2. Blow bubbles a minimum of three times rhythmically with nose and mouth submerged
3. Regain upright position from the back without support
4. Regain an upright position from the front without support
5. Push from wall and glide on the back
6. Push from wall and glide on the front
7. Travel on the back for 5 metres, aids or equipment may be used
8. Travel on the front for 5 metres, aids or equipment may be used
9. Perform a rotation from the front to the back to gain an upright position
10. Perform a rotation from the back to the front to gain an upright position

## **Stage 3 of the ASA Learn to Swim Framework**

During Stage 3, your pupils work towards being able to swim 10m on their front and back and will be able to swim underwater to collect objects from the bottom of the pool. Rotation skills and water safety knowledge will also be developed.

By the end of Stage 3 of the British Gas ASA Learn to Swim Framework, your pupils should have reached nine outcomes

1. Jump in from poolside and submerge (min depth 0.9m)
2. Sink, push away from wall on side and maintain a streamlined position
3. Push and glide on the front with arms extended and log roll onto the back
4. Push and glide on the back with arms extended and log roll onto the front
5. Travel on the front, tuck to rotate around the horizontal axis to return on the back.
6. Fully submerge to pick up an object
7. Answer correctly three questions on the Water Safety Code
8. Travel 10 metres on the back
9. Travel 10 metres on the front



## **Stage 4 of the ASA Learn to Swim Framework**

In Stage 4 of the ASA Learn to Swim Framework, swimmers will focus on refining kicking techniques for all four strokes and develop a better understanding of buoyancy.

By the end of Stage 4 of the British Gas ASA Learn to Swim Framework, your pupils should have reached 13 outcomes. Swimmers should complete these outcomes without support:

1. Demonstrate an understanding of buoyancy
2. Perform a tuck float for 5 seconds
3. Perform a sequence of changing shapes (minimum of three) whilst floating at the surface
4. Push and glide from the wall to the pool floor
5. Kick 10 metres backstroke (one item of equipment optional)
6. Kick 10 metres front crawl (one item of equipment optional)
7. Kick 10 metres butterfly on the front or on the back
8. Kick 10 metres breaststroke on the back (equipment optional)
9. Kick 10 metres breaststroke on the front (equipment optional)
10. Perform on the back a head first sculling action for 5 metres in a horizontal position
11. Travel on back and roll in one continuous movement onto front
12. Travel on front and roll in one continuous movement onto back
13. Swim 10 metres, choice of stroke is optional

## **Stage 5 of the ASA Learn to Swim Framework**

In Stage 5 of the ASA Learn to Swim Framework, your swimmers will focus on swimming all four strokes to the ASA expected standards. Swimmers will also develop skills in sculling, treading water and complete rotation.

By the end of Stage 5 of the ASA Learn to Swim Framework, your pupils should have reached 12 outcomes. Swimmers should complete these outcomes without support:

1. Perform a horizontal stationary scull on the back
2. Perform a feet first sculling action for 5 metres whilst horizontal on the back
3. Perform a sculling sequence with a partner for 30-45 seconds to include a rotation
4. Tread water for 30 seconds
5. Perform three different shaped jumps into deep water
6. Swim 10 metres backstroke (refer to the ASA expected stroke standards sheet)
7. Swim 10 metres front crawl face in the water (refer to the ASA expected stroke standards sheet)
8. Swim 10 metres breaststroke (refer to the ASA expected stroke standards sheet)
9. Swim 10 metres butterfly (refer to the ASA expected stroke standards sheet)
10. Perform a handstand and hold for a minimum of three seconds
11. Perform a forward somersault, tucked, in the water
12. Demonstrate an action for getting help

## **Stage 6 of the ASA Learn to Swim Framework**

During Stage 6 of the ASA Learn to Swim Framework, your pupils will focus on developing effective swimming skills including co-ordinated breathing, water safety and an understanding of how to prepare for exercise.

By the end of Stage 6 of the ASA Learn to Swim Framework, your pupils should have reached 11 outcomes. Swimmers should complete these outcomes without support:

1. Demonstrate an understanding of preparation for exercise
2. Sink, push off on side from the wall, glide, kick and rotate into backstroke
3. Sink, push off on side from the wall, glide, kick and rotate into front crawl
4. Swim 10 metres wearing clothes
5. Swim front crawl to include at least six rhythmical breaths (refer to the ASA expected stroke standards sheet)
6. Swim breaststroke to include at least six rhythmical breaths (refer to the ASA expected stroke standards sheet)
7. Swim butterfly to include at least three rhythmical breaths (refer to the ASA expected stroke standards sheet)
8. Swim 25 metres, choice of stroke • is optional (refer to the ASA expected stroke standards sheet)
9. Perform a 'shout and signal' rescue
10. Perform a surface dive
11. Exit the water without using steps

## Stage 7 of the ASA Learn to Swim Framework

During Stage 7 of the ASA Learn to Swim Framework, your swimmers will develop quality stroke technique whilst swimming up to 100m.

By the end of Stage 7 of the ASA Learn to Swim Framework, your pupils should have reached 10 outcomes. Swimmers should complete these outcomes without support:

1. Swim 25 metres backstroke (refer to the ASA expected stroke standards sheet)
2. Swim 25 metres front crawl (refer to the ASA expected stroke standards sheet)
3. Swim 25 metres breaststroke (refer to the ASA expected stroke standards sheet)
4. Swim 25 metres butterfly (refer to the ASA expected stroke standards sheet)
5. Perform a movement sequence of 1 minute duration, in a group of three or more, incorporating a number of the following skills:
  - Sculling: head first, feet first
  - Rotation: forward/backward somersault, log roll
  - Floating: star on the front/on the back, tuck float, create own
  - Eggbeater: moving, lifting one or both arms out of the water link skills with strokes and sculls
6. Perform a sitting dive
7. Swim 50 metres continuously using one stroke
8. Swim 100 metres, using a minimum of three different strokes
9. Tread water using eggbeater action for 30 seconds
10. Complete an obstacle course (using minimum of four objects) with feet off the pool floor throughout

# ASA Expected Standards - Backstroke

## Body

- Back of the head in the water, and held still in a central position. Eyes looking upwards and slightly forwards (in the direction of feet).
- Body almost horizontal, stretched and streamlined on the back, with chest clear of the surface and hips slightly submerged.
- Shoulders and upper body rotating with a controlled roll of the shoulders.

## Legs and Feet

- Legs move in a positive alternating leg kicking that predominantly originates from the hip with the knees slightly bent.
- Legs close to the surface, toes pointed and slightly turned inward. There should be a slight splash of the feet as they pass close to each other and the result of the feet pushing against the water.
- The kick should be continuous.
- The kick may be slow and steady, or fast and powerful, dependent on the individual's preference.

## Arms and Hands

- Hand is placed into the water, little finger first, palm facing outward. The entry is in line with the shoulder.
- Hand catches and as it starts its pull through the elbow bends with palm facing inwards pressing towards the body keeping the elbow higher than the hands and as the arms straightens.
- The shoulder leads the arm recovery, lifting up and round as the hand leaves the water. The elbow is kept straight as the arm lifts straight up above the shoulder to the entry point.
- A deep 'catch' as the hand enters the water and a strong bent elbow pull as the shoulders roll will result in a more powerful pull and increased distance gained per stroke.

## Breathing

- Breathing regularly in relation to the effort phases of the stroke.

## Timing

- The kicking and pulling must be co-ordinated and controlled whilst maintaining a steady head position throughout.

All action must be smooth, continuous and consistent whilst a relationship of stroke length and stroke rate must be developed and vary with the requirements of the swim.

# **ASA Expected Standards - Breaststroke**

## **Body**

- From a horizontal, stretched and streamlined position on the front with head inline and face in water, the head and upper body lift during the pull in order to breathe and the swimmer completes into a stretched streamlined position following the kick.

## **Legs and Feet**

- The kick is simultaneous. From legs extended and together, the swimmer bends the knees, drawing the heels close to the seat and still under water; knees remain stable, away from the tummy and hip width apart.
- Both feet turn outward and the 'soles' or 'instep' of the feet flatten ready to kick.
- The feet then kick backwards and slightly downwards pressing against the water until the legs are almost straight.
- On completing the kick, the toes become pointed and the soles turn towards each other.

## **Arms and Hands**

- From a full stretched position, the hands, facing slightly outwards and down, press sideways to a point where the hands start an inward movement.
- The hands then lead the forearms in a downward and inwards circular movement, bringing the hands close together; the hands close together; the hands finish facing each other with the elbows and upper arms squeezed in towards each other.
- With no hesitation, the hands and forearms move smoothly and continuously forwards into a stretched position as started.

## **Breathing**

- Air is exhaled into the water as the swimmer lies in the streamlined and stretched position.
- From the extended position of the pull, the head and upper body lifts as soon as the hands start to pull apart from one another and press sideways.

## **Timing**

From fully stretched position, the arms pull, the breath is taken, the arms begin to recover, then the legs recover and kick back to full stretch position; pull, breath, kick, stretch.

# **ASA Expected Standards - Butterfly**

## **Body**

- Body position starts in a horizontal, stretched and streamlined position on the front; head in line and the face in the water.
- Head and upper body will rise and fall in relation to undulation from the kick, pull breathing pattern.

## **Legs and Feet**

- The kick is simultaneous.
- A full action of the hips, legs and feet occur as the seat lifts and lowers; the knees bend and straighten.
- The feet and toes are pointed throughout. The kick should resemble a whip like kick.

## **Arms and Hands**

- The hands simultaneously enter as arms approach full extension.
- Following the entry, the hands move slightly outward and down to the catch position, moving back and through towards the thighs.
- The arm recovery is a smooth, simultaneous double arm recovery over the water surface.
- Aim for the individual is to gain maximum distance per stroke effectively.

## **Breathing**

- The mouth is lifted above the water line to the front (in some instances it may be to the side) before the hands complete their push through to the legs.
- The head returns to 'face in the water' before the end of the arm recovery.
- The expectation is that the swimmer is encouraged to breathe every alternate arm cycle (every two strokes).

## **Timing**

- A steady constant movement with two kicks to each arm cycle; encouraging the swimmer to breathe each arm cycle (every two strokes).

The order is kick, pull, kick, recover.

# **ASA Expected Standards - Front Crawl**

## **Body**

- Face in the water. Eyes looking downward and slightly forward.
- Body horizontal, stretched and streamlined on the front.
- Shoulders and upper body rotating whilst maintaining a steady and central head position except for when breathing occurs.

## **Legs and Feet**

- Legs moving in a steady alternating leg kick that predominantly originates from the hip with knees slightly bent.
- Feet close to the surface, toes pointed. There should be a small splash of the feet as they pass close to each other as a result of the feet pushing against the water.
- The kick may be slow and steady, or fast and powerful, dependent on the individual's preference.

## **Arms and Hands**

- Hand slides into the water, finger tips first. The entry is usually between the shoulder and head.
- The propulsive phase follows the hand entry; the hand moves slightly forward and down to catch position with the shoulder and the elbow higher than the hand position; presses against the water, then pushes backwards and outwards towards the hand exit.
- The elbow leaving the water first followed by wrist and hand initiates recovery. The arm moves over the water but remains close to the body and head into a controlled hand entry.
- Aim for the individual is to gain maximum distance per stroke effectively.

## **Breathing**

- Breathing is initiated with a controlled turn of the head to the side to quickly inhale air, followed by the head returning to the centre, face in the water and air exhaled.
- A regular pattern of breathing is recommended and the swimmer must be at ease in breathing to either side.

## **Timing**

- The kicking, pulling and breathing must be co-ordinated and controlled.

All actions must be smooth and continuous whilst a relationship of stroke length and stroke rate must be developed and vary the requirements of the swim.