

SWIMMING - YEARS 1 & 2 (non-statutory)

MINIMUM EXPECTED STANDARDS

1 FOCUS ON:- PRACTICES AND SKILLS IN KEY STAGES 1 & 2

- (a) Water confidence.
- (b) Health and Safety.
- (c) Safe entry and exit from the pool.
- (d) Experimenting with floatation aids / equipment.
- (e) Experimenting with floatation without aids / equipment.

Pupils are very young and nervous – most are non-swimmers and many have never been swimming before. There are always a number of adults available to supervise with dressing and undressing. First lessons consist of changing routines, hygiene and general safety rules at the pool, various water confidence practices and simple tasks using a variety of aids.

During the first few weeks the children will be continually assessed and grouped according to their varying abilities. The children take part in organised games working with a partner or in small groups.

All pupils should enjoy their visit to the pool. However, strong emphasis must be placed on safety and the conduct expected from the children whilst attending their swimming lessons.

3 SUMMARY

It must be noted that all children have unique levels of potential. Therefore, if the minimum expected achievement level is not reached the child will be set a realistic goal to ensure their motivation and enthusiasm is maintained at a high level.

2 FOCUS ON:- BEGINNERS

(non-swimmers and developing swimming)

By the age of 7 years most children who have had a unit of swimming will be able to:-

- (a) feel confident, safe and happy in the water.
- (b) walk across the pool without any swimming aids.
- (c) submerge face in water and blow bubbles.
- (d) pick up objects from the bottom of the pool with their eyes open.
- (e) jump / dive through hoop whilst it is submerged in the water.
- (f) regain standing position after floating on their back (supine position) and / or floating on their front (prone position).
- (g) kick in supine position with two floats one under each arm.
- (h) kick in supine position, one float on stomach or behind their head.
- (i) scull with one hand whilst holding a float on the stomach with the other and kicking in supine position.
- (j) kick in prone position with two floats, one under each arm.
- (k) kick in prone position, one float held in front placing face in water and blowing bubbles.
- (l) demonstrate one arm action with a float whilst kicking in prone position.
- (m) attempt breast stroke leg action in supine position with two floats.
- (n) know three of the ASA approved strokes (i.e. front-crawl, backstroke, breaststroke and how they should be performed correctly. This can be achieved by using a competent swimmer to demonstrate the various strokes in the water with explanations from the swimming teacher.
- (o) swim a distance of 10/12 metres without the assistance of floatation aids in a prone or supine position.

N.B. At these early stages some pupils may develop their own methods of moving through the water i.e. stroke hybrids. This may consist of the combination of a simultaneous arm action coupled together with an alternating leg kick.

All achievements should be greatly encouraged to give confidence and increase their motivation.

SWIMMING ACTIVITIES AND WATER SAFETY - UNIT 1
(APPROX 8 -12 HOURS ACTIVITY TIME)