

Bucks School Swimming Partnership

Support Teacher of School Swimming

Refresher Course

Thursday 2nd December 2021

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House Keeping



Objectives

Revision of:

- Good practice with regards to Health and Safety, roles and responsibilities
- Updates/revisions in teaching National Curriculum Swimming, in particular Water Safety Requirements
- Updated teaching points for Aquatic Skills and Strokes
- Further games and activities for NC Swimming

Icebreaker: 3-2-1



Activity 1:

- Write down/discuss **3 things you remember** from the last course
- What **2 activities** have you been involved in with your pupils at their School Swimming lesson
- Write down **1 objective** you have for this course

Checklist for Covid when Taking Pupils Swimming (depending on Gov guidance)



Preparation and Planning

- Check guidance from SE which includes Guidance for School Swimming (<https://www.swimming.org/swimengland/pool-return-guidance-documents/>) and liaise with Leisure Provider about their amended Risk Assessment and NOP/EAP measures ensuring these are in line with national advice
- Request interactive video on the journey to and through the changing rooms on to poolside etc so pupils know what to expect
- Contact parents providing them with all guidance on changes to School Swimming procedures; need for pupils to be able to put on hats and goggles independently and ensuring they have all kit (the school or LP will be unable to loan equipment)
- Plan departure and arrival times allowing for social distancing to ensure no cross over with other schools/groups
- Check no pupils or staff are displaying symptoms

At the Pool

- Where pupils swim in the morning, consider arrival ready to swim
- On arrival at the pool. Gather outside in a safe place until you are advised to enter. A one way system may be in place
- Comply with socially distancing protocols including Changing room procedures and layout
- A dedicated area should be agreed before arrival for swimmers to leave their outer clothes in a named bag
- Footwear should be considered, e.g. Flip flops, sliders so swimmers can minimise their time indoors.
- Goggles, hats etc need to be practiced prior to swimming as teachers/swimming teachers will not be able to assist fitting these correctly.
- Enter dry side of the pool with accompanying school staff – follow arrows/signs onto poolside
- At the end of the lesson, swimmers will be asked to leave the pool, gather their belongings and vacate the pool area (again, this may be a one way system)

Checklist for Covid when Taking Pupils Swimming cont/d...

Other Information

- Treated swimming pools are safe to operate where free Chlorine – min 1.5mg/l and ph 7.0 – 7.4
- All businesses have a responsibility to ensure that they create a Covid secure workplace for staff and schools.
- Government Guidance needs to be adhered to –Dedicated officer responsible for Covid 19 considerations
- Capacity of classes determined by social distancing and metre squared available.
- Swimming teachers should deliver from poolside only
- Teachers should adhere to government guidance on social distancing
- Evaluate the number of personnel on poolside to give effective social distancing
- All equipment used to be sanitised before each activity. This can be rinsing in the pool. Equipment should be limited and pupils should be allocated a float for example for the whole lessons (these could be numbered); they may be able to bring their own equip
- Teachers should remain in the same station throughout the class lesson and use the same equipment
- **For those pupils who have not or are unlikely to achieve NC standards for School Swimming, consider Top Up Swimming lessons or integrating pupils into Learn to Swim Programmes**
- ***Please be aware that the national guidance is ever changing – for up to date Covid RA information visit <https://www.bssp.org.uk/policy-documents/>***

What is physical literacy?

Activity 2:

- 1) Identify key themes of physical literacy?
- 2) How does school swimming support this?

Wet PE!



National Curriculum Swimming

Requirements for School Swimming were updated and clarified in 2019

- 1) Swim **competently, confidently** and **proficiently** over a distance of at least 25 metres.
- 1) Use a **range of strokes effectively**.
- 1) Perform **safe self-rescue** in different water-based situations.



Swim England Standards



Swim England Standards



Activity 3

- 1) How could we correct this boy's stroke?

Follow this formula:

- Body position
- Leg action
- Arm action
- Breathing
- Timing / coordination

National Curriculum Swimming



Swim England Standards

<https://vimeo.com/ondemand/expectedstandards/>

Rent = £12

Buy all £250

Completely your choice!



Key Water safety and safe self-rescue messages

- Always swim in a safe place.
- Always swim with an adult.
- If you fall in; float, breathe, relax.
- If someone else is in trouble call 999/112.



Who needs to be involved?

- Headteachers
- Class Teachers
- Swimming Teachers
- Pupils
- Parents

Essential Water Safety Skills

Safe entrance into deep water

Floating with minimal movement

Change in body position in the water – orientation and rotation

Controlled and relaxed breathing

Upon submersion, regain surface, level off and swim to side

Change in direction

Surface dive and underwater swimming

Acquisition of at least 2 rudimentary strokes, one on front, one on back



How to perform safe self-rescue

Action	Details
Float and regulate breathing.	Until you regain control of your breathing.
Tread water.	Keep yourself facing away from the waves and head above water.
Rotation.	Turn around, regain an upright position and twist from the back to the front and vice versa.
Signal for help.	One hand straight up in the air, shout for help.
Huddle position.	Stay together as a group whenever possible and maintain body heat.
Heat Escape Lessening Position (HELP)	Maintain body heat until help arrives while you call for help
Survival stroke.	Head up, arms recover under water, alternating leg kick.
Safe exit.	If you can find a way to get out of the water safely, do so. This might be climbing onto a floating object, or swimming to the shore/bank if it is of a reasonable distance. (Use steps/side of pool in lessons).

Activities – early stages

Messaging should focus on domestic and local dangers

Water safety message	Activity example
Always swim in a safe place	<ul style="list-style-type: none">• Swim Safe Flags Game (active learning)
Always stay within arms distance of a parent or adult	<ul style="list-style-type: none">• Swim Safe Rip Tag Game (learning through play)
Float	<ul style="list-style-type: none">• Explore different floating shapes, float like an otter, ball, star etc (active learning)• Cold water buckets (sensory learning)
Call 999	<ul style="list-style-type: none">• 999 shapes with floats or in groups

Skills should focus on floating, shouting for help, travelling small distances, climbing out unaided.

Activities - Bringing the outdoors, indoors

- Simulate waves – float tunnels.
- Simulate currents – group whirlpool.
- Experience cold water - buckets of ice water and watering cans to play with.
- Simulate cold water peripheral cooling – wear socks on hands and attempt to swim, climb out, unlock a phone.
- Noise – wind, rain, thunder [sound tracks](#).
- Seaweed/weeds – bin bags, specialist toys.
- Inflatables.
- Opaque water – goggles, dyes.
- Slippery rocks and river banks – floats also good for disorienting entries.
- Floating objects – balls, empty bottles, trainers.



Water safety scenarios

Activity 4

- The best response to each of the scenarios
- What knowledge and skills are being required by the pupils in each one?

Scenarios

- You watch somebody fall off a bridge into the canal
- Stranded on an inflatable in the sea
- An inflatable 4 man kayak in the river Thames has a puncture – strong current



Teaching pupils to be Prepared

Plan:

- Entries and exits
- Tell somebody expected departure and time of arrival

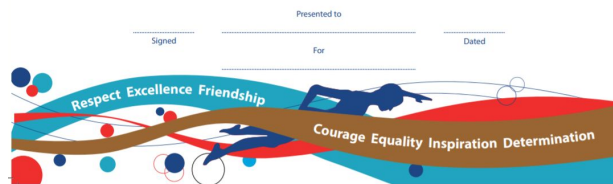
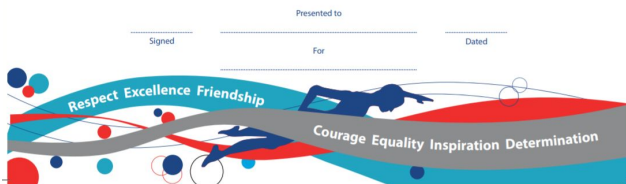
Means of calling for help:

- Whistle
- Phone in a waterproof pouch

Equipment:

- Wetsuit
- Hat – hi Vis orange or green
- Tow float etc



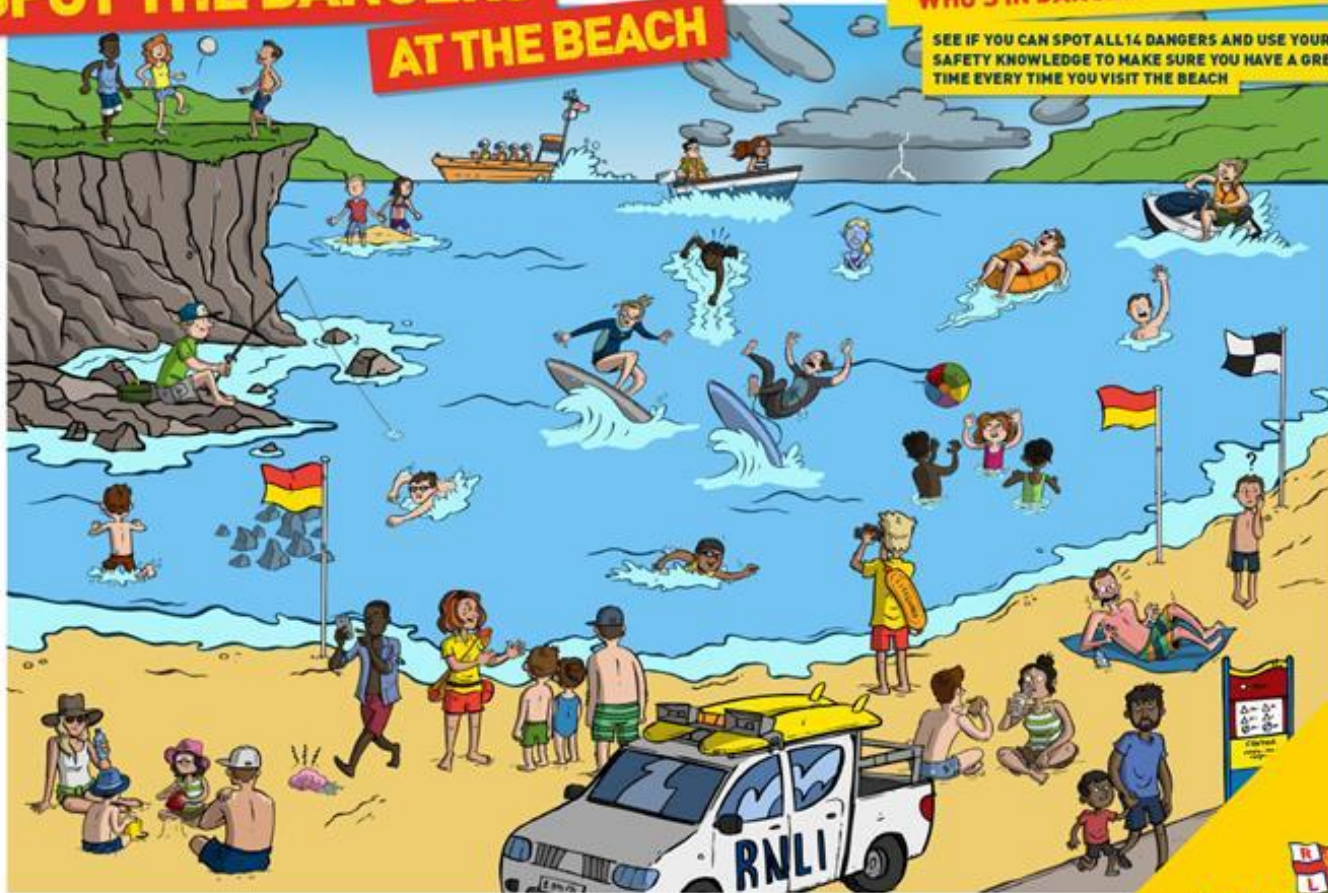


SPOT THE DANGERS

AT THE BEACH

WHO'S IN DANGER IN THIS SCENE?

SEE IF YOU CAN SPOT ALL 14 DANGERS AND USE YOUR SAFETY KNOWLEDGE TO MAKE SURE YOU HAVE A GREAT TIME EVERY TIME YOU VISIT THE BEACH



Activity 5 - Spot the Dangers (in 30 seconds)



Who is safe in the scene below?
Who is in danger?

Who is safe in the scene below?
Who is in danger?



RNLI Youth Education Resources



<https://rnli.org/youth-education>

**UPPER
PRIMARY**
AGE: 7-11

QUESTION 1

You and your friends are on the beach. The red beach flag is flying but they are excited and run into the water regardless. Do you....

- A. Follow them. There are lots of people and lifeguards on the beach so you will be safe
- B. Tell them to come back as it's not safe to swim. You'd rather look boring than see any of them hurt
- C. Go and do something else until they come back out again

ACTIVITY: MAKING SAFE CHOICES

**UPPER
PRIMARY**
AGE: 7-11

HOW MANY OF YOU HAVE JUMPED INTO COLD WATER?

How does it
make your
body feel?

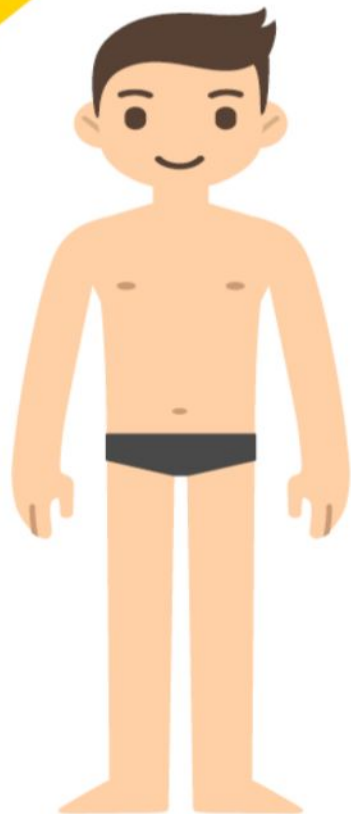
ACTIVITY: COLD WATER IMPACT



Lifeboats

**UPPER
PRIMARY**

AGE: 7-11



Skin temperature drops

Heart rate increases

Lose control of your breathing
and ability to hold your breath

Muscles cool down, affecting
movement and swimming ability

ACTIVITY: COLD WATER IMPACT

**UPPER
PRIMARY**

AGE: 7-11



If you fall into cold water

FLOAT

1. Fight your instinct to swim
2. Lean back in the water to keep your airway clear
3. Push your stomach up, stretching out your arms and legs
4. Gently move your hands and feet to help you float
5. Float until you feel calm
6. When you are calm raise your hand and shout for help or swim to safety if you can.

ACTIVITY: COLD WATER IMPACT



Lifeboats

Classroom resources





Revising all things Health and Safety



<http://www.avtp.co.uk/policy-documents/>

Policy -

<https://cdn.realsmart.co.uk/445780ab19820fef0cf0e4d19f5d77ee/uploads/2021/10/01221722/V5-Bucks-Safe-Practice-in-School-Swimming-Policy-Guidance-Sep-2021.pdf>

Useful documents

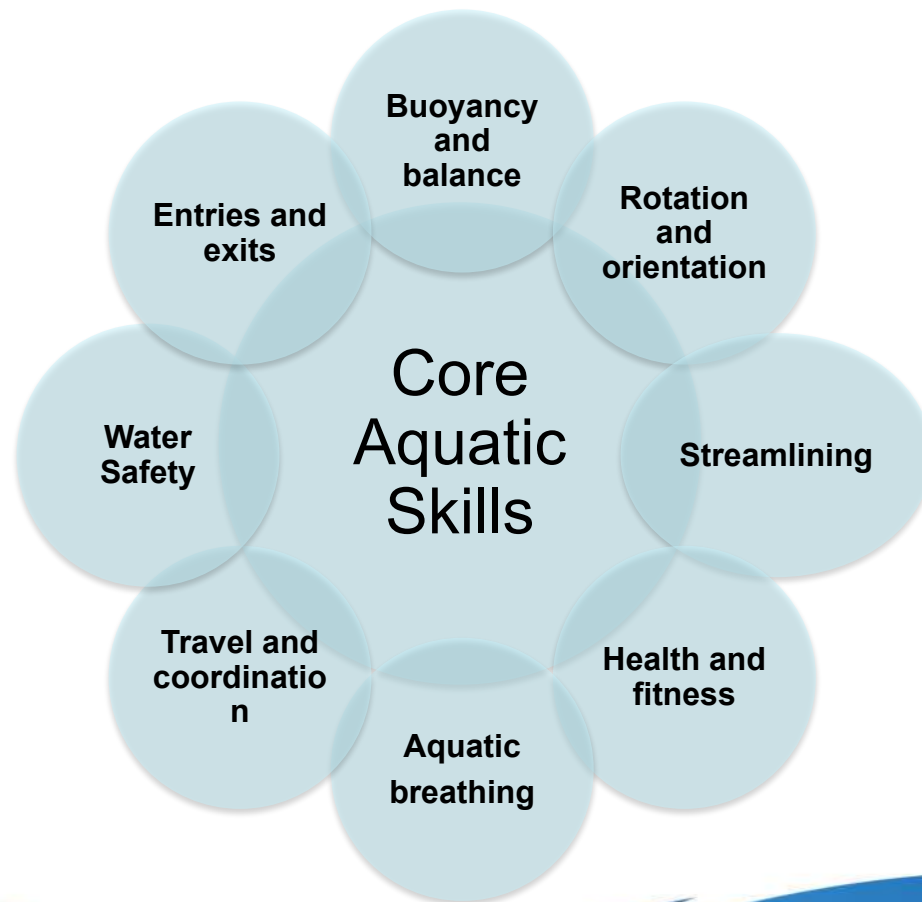


<https://www.swimming.org/swimengland/school-swimming-lessons-guidance/>

Aquatic Skills and Strokes



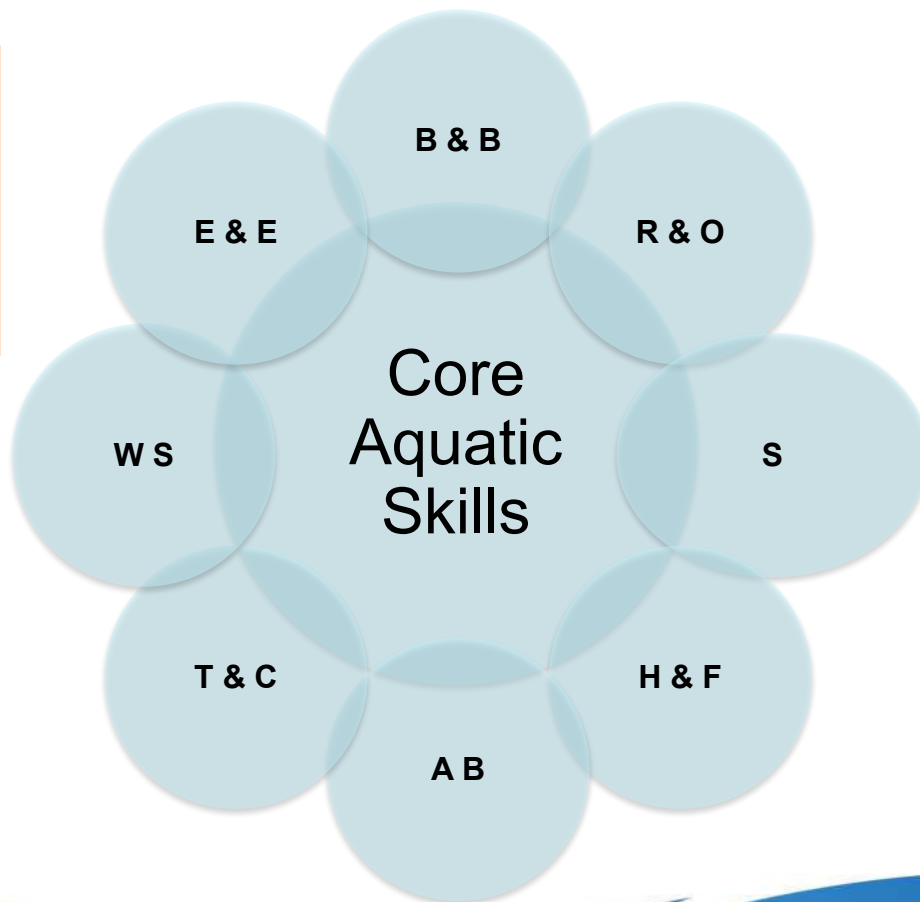
Reminders available at:
<https://www.swimming.org/ios/e-learning/>

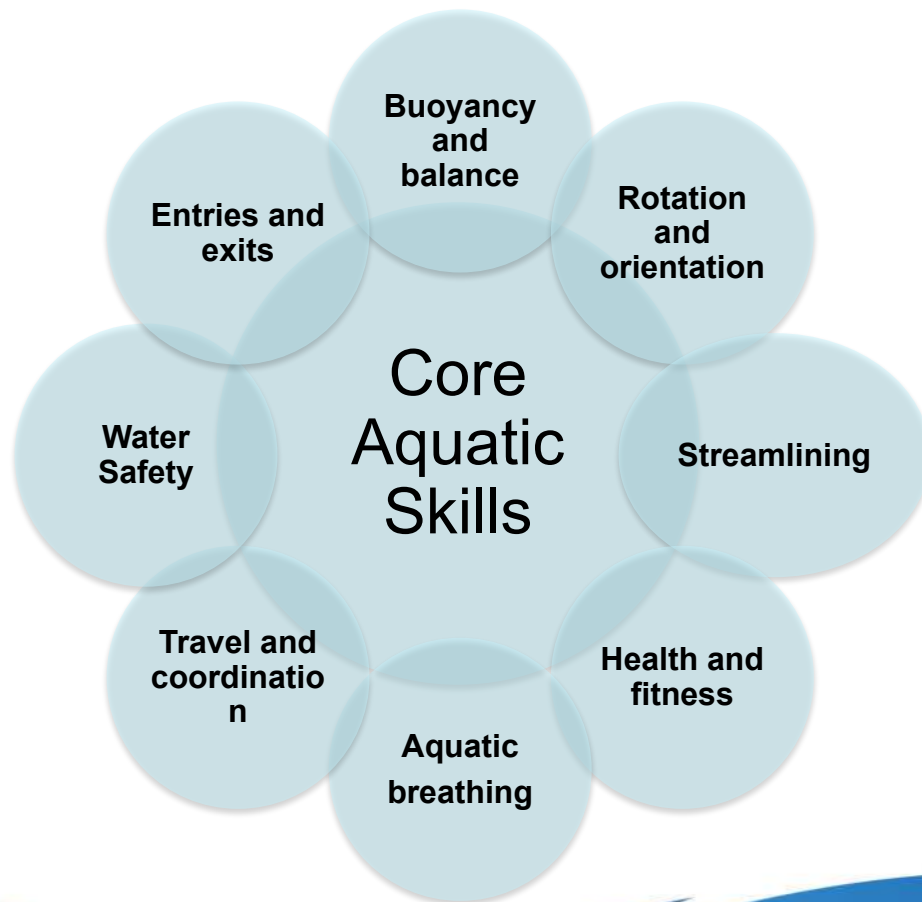


Activity 6:

Recall challenge!

How many core aquatic skills can you remember?





Fundamental Movement Skills linking to CAS

Fundamental Movement skill	Core Aquatic Skill	Pool Activities
Agility	Rotation and orientation	Somersaults, running in the water and changing direction, twisting and dodging
Coordination	Travel and coordination Aquatic breathing	Swimming using arms and legs, coordinating multiple actions including aquatic breathing
Kinaesthetic	Exits, rotation and orientation	Linking skills; synchronising actions with others or to music, adapting skill to different circumstances, working with others in team games
Gliding	Streamlining	Moving/swimming into a glide and holding a shape. Gliding on different surfaces of the body – front, back or side
Striking with parts of the body	Health and fitness, rotation and orientation	Striking the poolside with the feet ready to push off after a turn



Introduce – Master - Develop



Activity 7 :

As a group to come up with an example of one aquatic skill?

Be prepared to share your suggestions!



Games for Developing Core Aquatic Skills

- Superman
- Captain's Coming
- Sunshine and Frost
- Stingray
- Simon Says
- Spot the Dangers
- Number count/spelling words games
- Synchro
- Kicking duel
- Water Polo
- Flag Game
- Relay games – traditional and card games/dice
- Supermarket sweep
- Themed seasonal games

Activity 8:

Identify which Core Aquatic Skills are being developed with each game

Do you have any other games that have worked well with your pupils to develop their Aquatic Skills?

Games for Developing Core Aquatic Skills

- Superman (Streamlining)
- Captain's Coming (dependent on command)
- Sunshine and Frost (dependent on command)
- Stingray (Travel and Coordination, Buoyancy and Balance, Rotation and Orientation).
- Simon Says (dependent on command)
- Spot the Dangers (Water Safety) (dependent on command)
- Number count/spelling words games
- Synchro (Buoyancy and Balance, Rotation and Orientation, Travel and Coordination, Health and Fitness)
- Kicking duel (Buoyancy and Balance)
- Water Polo (Buoyancy and Balance, Rotation and Orientation, Travel and Coordination, Health and Fitness)
- Flag Game (Water Safety)
- Relay games – traditional and card games/dice (Health and Fitness)
- Supermarket sweep (Rotation and Orientation)
- Themed seasonal games (dependent on game)

Stroke Teaching points – which stroke?

1	2	3	4
Long stretched body – head on a pillow.	Body slightly sloped – feet under the water.	Flat body position, eyes looking down.	Long stretched body.
Long legs, splashy toes - no naughty knees!	Heels up towards seat, turn feet out, follow a circular pattern.	Body moves in a wave action, or wiggly worms.	Long legs, toes pointed.
Little finger first – shaped pull.	Draw a line around the pizza, then chop it in half.	Legs together, kicking together.	Stretch forward, catch the water, pull to the hip.
	Breathe the hands in, then blow them away.		Ear on the shoulder – see the fishy, hear the fishy.
	Pull, breathe, kick, glide.		

Activity 9

1. Identify which stroke corresponds to each number

Stroke Teaching points – which stroke?

BACKSTROKE	BREASTROKE	BUTTERFLY	FRONT CRAWL
Long stretched body – head on a pillow.	Body slightly sloped – feet under the water.	Flat body position, eyes looking down.	Long stretched body.
Long legs, splashy toes - no naughty knees!	Heels up towards seat, turn feet out, follow a circular pattern.	Body moves in a wave action, or wiggly worms.	Long legs, toes pointed.
Little finger first – shaped pull.	Draw a line around the pizza, then chop it in half.	Legs together, kicking together.	Stretch forward, catch the water, pull to the hip.
	Breathe the hands in, then blow them away.		Ear on the shoulder – see the fishy, hear the fishy.
	Pull, breathe, kick, glide.		

NOW STAND UP AND LET'S TRY TO DEMONSTRATE EACH STROKE!



Strokes

Activity 10:

- In groups discuss some practices you use for your pupils for the stroke that you have been allocated
- **Identify any key teaching points for your stroke**
- Think of a game which will incorporate your stroke
- Allocate a spokesperson who will feedback to everyone



Backstroke

Body position	https://www.youtube.com/watch?v=2PAmZ9n0AJY
Leg action	https://youtu.be/BpdHj0KumH4
Arm action	https://www.youtube.com/watch?v=R4htRmMDyO4
Breathing	https://www.youtube.com/watch?v=0bjeJXrxbl8
Timing/Coordination	

- Noodle
- Two floats - wings
- Single float
- Single arm recovery
- Full stroke

Common mistakes

- Body position too low
- Not looking at the ceiling, with their ears in the water (looking at their toes)
- Arms bent

Swim England Latest Updates

- No “S” pull

Strokes Expected Standards

Backstroke

1



Little finger enters water first. The arm is straight.

2



When the arm is at shoulder level, the elbow bends, arm pulls sideways and body rolls.

3



Aim for a flat body position, with head back and eyes looking upwards.

4



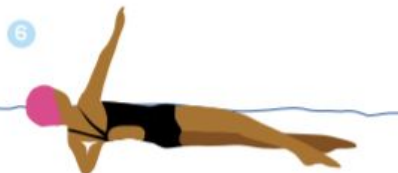
The arm and leg actions are continuous.

5



Breathe out as one arm recovers and breathe in as the other recovers.

6



The recovering arm points straight up.

Front crawl

Body position	https://www.swimming.org/members/front-crawl-body-position/
Leg action	https://www.swimming.org/members/front-crawl-kicking/
Arm action	https://www.swimming.org/members/front-crawl-arm-technique/
Breathing	https://www.swimming.org/members/front-crawl-breathing/
Timing/Coordination	

- Noodle
- Blowing bubbles
- Stretching forward & arm recovery
- Float - kicking
- Float - breathing
- Float - arm recovery
- Full stroke

Common mistakes

- Afraid to put face in
- Not blowing bubbles
- Breathing to wrong side
- Throwing arms over

Swim England Latest Updates

- Middle finger in first
- No talk about the “pull” or “S”

Strokes Expected Standards

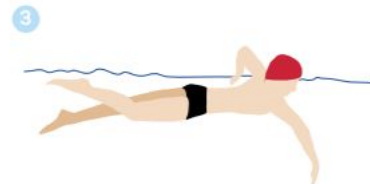
Front crawl



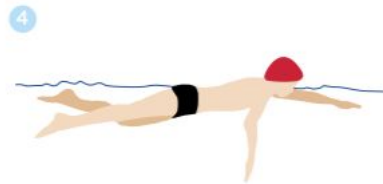
Body flat, eyes look forward and down.



Hand enters the water just inside shoulder line. Arm pulls down and back with elbow bent, body rolls.



Arm recovery is an easy, relaxed action with the elbow higher than the hand.



Arm pushes back, head starts to turn ready for breathing.



Head turns to side to breathe in.



The face turns back into the water as soon as the breath is taken to breathe out under water.

Breastroke

Body position	https://www.swimming.org/members/breaststroke-bodyposition/
Leg action	https://www.swimming.org/members/breaststroke-kicking/
Arm action	https://www.swimming.org/members/breaststroke-arm-technique/
Breathing	https://www.swimming.org/members/breaststroke-breathing/
Timing/Coordination	

- Noodle - on back (Bend, Penguin, Star, Snap)
- Noodle - on front and look forward to breathe
- Noodle - arm recovery
- Full stroke - pull, breathe & kick and glide

Common mistakes

- Not turning feet out
- Screw leg kick (because they are not balanced)
- Pulling arms too wide
- Timing of stroke

Swim England Latest Updates

- Not as wide kick (more whip like)
- Kick back and stretch / glide

Strokes Expected Standards

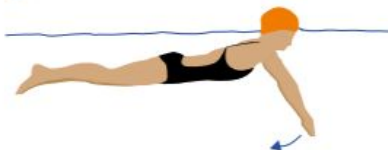
Breaststroke

1



Body is streamlined but at a small angle, eyes look forward and down.

2



Arms pull to side back and down, hands stay in front of shoulders.

3



Breathe out and take a breath quickly.

4



As the arms complete their action, the legs are drawn up.

5



As arms push forward, legs drive back with feet turned out.

6



Hold a short glide before the next stroke.

Butterfly

Body position	https://www.swimming.org/members/butterfly-body-position/
Leg action	
Arm action	https://www.swimming.org/masters/advanced-butterfly-stroke-technique/
Breathing	
Timing/Coordination	

- Noodle - leg action
- Dolphin kick
- Diving down and jumping up
- Arm action

Common mistakes

- Movement is not smooth
- Legs apart
- Breathing and throwing head back
- **Do not teach this with a float!**

Swim England Latest Updates

- Entry with middle finger
- No keyhole practices - straight arm down

Strokes Expected Standards Butterfly

1



Hands pull down, lower leg pushes down with toes pointed.

2



Arms pull wide with the head looking forward.

3



Legs push up, hips push down and hands move in under shoulders.

4



Legs continue upward movement, hips push down, hands move in under body and head comes up out of water.

5



Legs begin downward movement, hands push back at side of hips, and head clears water.

6



Arms begin recovery over the water with the head thrust forward to breathe.

7



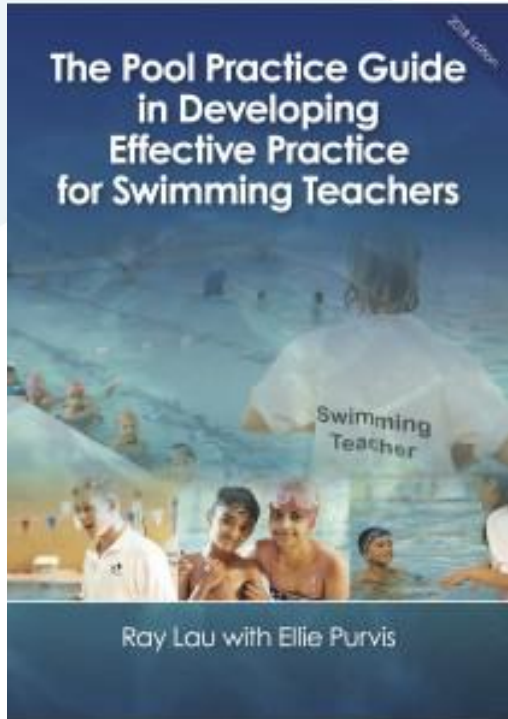
Arms come over straight and wide with face down in water.

8



Hands enter in front of shoulders to repeat action.

Other Useful Resources



<https://aswim.uk/>

ISBN: 9780993486104

Plenary

Go to: <https://kahoot.it/>

Our pin is:

Enter your name



Questions



Activity 11:
List two actions you will now take
before your next School
Swimming lesson

Evaluations



**Please can you take a few minutes
to complete this Evaluation Form;
<https://forms.gle/9HsARF4RPTuaZNWZ9>**

List of useful links:

BSSP Website – <https://www.bssp.org.uk/school-swimming/>

BSSP Policy –

<https://cdn.realsmart.co.uk/445780ab19820fef0cf0e4d19f5d77ee/uploads/2021/10/01221722/V5-Bucks-Safe-Practice-in-School-Swimming-Policy-Guidance-Sep-2021.pdf>

Activity 2 - Kahoot - <https://kahoot.it/>

Activity 3 - Physical Literacy - <https://www.youtube.com/watch?v=R8PIXqp3JpA>

Physical literacy additional information - <https://physical-literacy.isca.org/update/36/what-is-physical-literacy-infographic>

Swim England Promotional Video - <https://www.youtube.com/watch?v=zAYrCOKhPVI>

Swim England Standards - <https://vimeo.com/ondemand/expectedstandards/400238946?autoplay=1>

Drowning Prevention Week - <https://www.rlss.org.uk/event/drowning-prevention-week-18-25-june-2022>

Swim England Lesson Guidance - <https://www.swimming.org/swimengland/school-swimming-lessons-guidance/>

Curriculum Guidance from Swim England - <https://www.swimming.org/swimengland/new-curriculum-swimming-water-safety-resources-available/>

Aquatic Skills and Strokes - <https://www.swimming.org/ios/e-learning/>

ASA Support - <https://aswim.uk/>

Google Evaluation Form - <https://forms.gle/9HsARF4RPTuaZNWZ9>