



## **SOME PRACTICAL IDEAS**

**Secondary Teacher & Support Teacher of School Swimming  
Fun Aquatics to develop confident swimmers**



# PRACTICAL SWIMMING COURSE NOTES

## Fun Aquatics to develop confident swimmers

Activity - <b>WARM UP:</b> choose a couple from below	Teaching points	Enable/Extend	Resources
<b>1. Bean Game</b> – jumping; runner; broad; string; baked; beans on toast; French; Mexican; chilli	Moving across pool; change bean quickly and often; <b>baked bean</b> (mushroom float) = big breath; chin on chest, knees tucked in tight, hold position tight, trickle breath out; <b>beans on toast</b> = lying on back in star position, ears in water, tummy up, flat position on surface of water	<b>Enable:</b> using floatation aids; head up <b>Extend:</b> shoulders under water; touch bottom of pool on jumping bean; sink to bottom during baked bean	Floats and noodles/other floatation aids if needed
<b>2. Simon Says....</b>	<ul style="list-style-type: none"> <li>• Tread water</li> <li>• Find a float/noodle &amp; take feet off the bottom</li> <li>• Swim to nearest side</li> <li>• Shout and call 'HELP'</li> <li>• Find 2 others &amp; huddle – feet off pool bottom</li> <li>• Float on back</li> <li>• Swim with head out of water</li> <li>• Climb out if appropriate</li> </ul>	<p>Head out of water, figure of 8 scull (gentle movements with hands)</p> <p>Using floatation aids, link arms, keep legs still and knees and feet together Ears in water, lie back wide shape, gentle movements with arms (and if needed legs)</p>	Floats or noodles
<b>3. Egg &amp; Spoon Races</b>	Groups of 4 carry egg and spoon either running or swimming across to other side of pool to pass to next person; could use balls; egg flips; ducks; boats; animals etc	<b>Enable:</b> with noodle <b>Extend:</b> swimming with egg and spoon	One plastic egg and spoon per group could use balls; egg flips; ducks; boats; animals etc
<b>4. Shopping Game</b>	Again, in teams, using a float or noodle held in front like a shopping trolley, pupils need to take it in turns to collect equipment from the side/bottom of the pool, back to their team hoop; the next swimmer then goes. Could use items with numbers on for pupils to cost up purchases!  <i>Activities 2, 3 and 4 can all be played individually or as relay activities</i>	<b>Enable:</b> various floatation aids <b>Extend:</b> items on bottom of pool	noodles/floats; various equipment – ducks; animals; boats; sinkers; foam letters/numbers

<b>5. Flip the flying saucers/planets/shells!</b>	<p>Throw in lots of egg flips; label pupils Dolphins/Sharks</p> <p>Aim: dolphins aiming to blow egg flips to yellow; sharks aiming to blow to 'another' colour; you may not use hands</p> <p>This activity encourages pupils to get faces close to water (chin in water) and to blow out to prepare for breathing in strokes</p>	<p><b>Enable:</b> floatation aids to be used; walking</p> <p><b>Extend:</b> swim from flip to flip in deeper water</p>	Egg flips
<b>6. Stuck in the Mud</b>	<p>Space group in pool; one player begins as 'it' and aims to run/swim to as many people as possible to tag them; once tagged, hold arms wide on surface of water, legs apart (star shape); to be freed, another pupil needs to duck under arms/swim through legs</p>	<p><b>Enable:</b> tag to free</p> <p><b>Extend:</b> swim through legs; do not put feet on bottom of pool during activity</p>	
<b>SKILL DEVELOPMENT</b>			
<p><b>Body Position</b></p> <p><b>Synchronised Swimming</b></p> <p><b>1.</b> Individually explore different types of floats and different shapes in the water</p>	<p>Aim for flat body position: Star float, front and back; tucked float, front (knees tight into chest, chin on chest) and back; log float, front and back</p> <p>On front, take breath and trickle breathe out ('talk to fishes')</p>	<p><b>Enable:</b> use of floatation aids; shallow water</p> <p><b>Extend:</b> hold floats for longer</p>	
<b>2.</b> In groups of 4 – 6 develop a short synchronised routine using at least 2 floats	<p>Consider using the following in your routine:</p> <ul style="list-style-type: none"> <li>*A formation; i.e. star, line, square</li> <li>*Travel in your routine – cannon, unison</li> <li>*A jump</li> <li>*Submersion</li> <li>*A glide</li> </ul> <p>NB. Personal Learning and Thinking Skills used: team workers; reflective learners; effective performers; creative thinkers; some – independent enquirers</p> <p>Gifted and Talented, opportunities for leadership</p>	<p><b>Enable:</b> use of floatation aids; shallow water</p> <p><b>Extend:</b> tread water; sculling; tub; ballet leg; oyster; log rolls; do not put feet on bottom; swim underwater; somersaults; jumps out of water etc</p>	<p>Music; stereo; stimulus for a theme</p> <p>noodles for less confident pupils</p>

3. Group performance	One group at a time	<b>Extend:</b> extend distance each time	
4. Gliding - Superman	In pairs, Superman holds float extended in front, straight arms, one foot on wall; take a deep breath, push from side in 'hands on' position, trickle breathe out (talk to fishes) until land on planet zog (e.g. hits knotted noodle held out by partner)	<b>Enable:</b> push towards wall a short distance	Partner stands a short distance away facing 'superman' holding a noodle (tied in a knot)
<b>Strokes</b> <b>BLABT: Body, Legs, Arms, Breathing, Timing</b>			
<b>Front Crawl</b> 1. Leg kick: *Partner noodle races  *Partner noodle duel	Side by side, arms extended in front holding the noodle, push from side of pool to kick across as quickly as possible to be first pair across! kicking from hip, long legs, fast floppy ankles, shake off socks, not too much splash  Facing partner in the centre of the pool (one faces one side of the pool, one faces the other), shoulders square, noodle between you, one partner's hands together in middle, other has hands outside, shoulder width apart; kick legs as above; aim is to push partner to the opposite side of the pool	<b>Enable:</b> shallow, extra floatation aids; face wall short distance away and kick towards it <b>Extend:</b> listening to fishes to breathe in (i.e. one ear in the water) and talking to the fishes to breathe out slowly (trickle)	Noodles per pair  As above
2. Arms: One arm with float	Hold one arm by side, holding float at end, other arm windmill action; then encourage 'Do up zip' up side of body (high elbow), reach forward and spear water with middle finger; pull past hip	<b>Enable:</b> using noodle and floats if necessary and head up <b>Extend:</b> encourage to put face in the water and breathe to the side (as elbow lifts doing up zip, breathe in/listen to fishes; as arm comes over, face in water trickle breathe out/talk to fishes)	Floats per pupil; noodles if needed
3. Full stroke – arms and legs	Begin with push and glide from the side, hands and arms extended (hands on position), begin with one arm pull at the end of the glide and build up to full stroke across the pool	<b>Enable:</b> polar bear pull under the water <b>Extend:</b> encourage bilateral breathing – every 3/5/7 strokes	
<b>Backstroke</b> 1. Leg kick	On back, using float as a teddy bear or noodle head back, ears in the water; tummy up, flat position on top of water; kicking from hips; long legs, floppy ankles ('shake off socks')	<b>Enable:</b> 2 floats plus/or noodle <b>Extend:</b> no float, arms by side or extended above head with hands together ('hands on' position)	Floats/ noodles per pupil

<p>2. Arms: one arm with float</p>	<p>Initially, backwards windmills using one arm and the other holds float/s across chest; then change arms</p> <p>Then 'thumb out of water first – turn hand for a little finger entry</p> <p>Then, continual arm pull using thumb, little finger, change arms</p>	<p><b>Enable:</b> 2 floats <b>Extend:</b> encourage shoulder rotation; may use pull buoys for club swimmers</p>	<p>As above</p>
<p>3. Full stroke - arms and legs</p>	<p>Begin with push and glide from the side, hands on rail/side of pool; push back arms extended above head ('hands on' position), begin with one arm pull at the end of the glide and build up to full stroke across the pool</p>	<p><b>Enable:</b> floatation aids where required</p>	
<p><b>Breaststroke</b> 1. Leg Kick</p>	<p>On back, cuddle float to chest or use a noodle; 'only time head should be out of water in order to see what legs are doing!'</p> <p>4 teaching points: 'feet up to bottom – turn out – kick back together and stretch</p> <p>In pairs, watch partner and talk them through; aim for smooth leg kick; partner call 4 point action, observe and give feedback Then, on front with a float extended in front</p>	<p><b>Enable:</b> using a noodle (could be in addition to a float)</p> <p><b>Extend:</b> no float, arms by side or extended in front 'hands on' position (one hand on top of other)</p>	<p>Floats/noodles per pair</p>

<p><b>2. Arms</b></p> <p>*Crocodile-Monkey-Mouse</p> <p><b>OR</b></p> <p>*Ice Cream Bowl</p>	<p>Legs provide most of the power to the stroke; the arms are used largely to lift the head to breathe and to balance the body; arms should not pull back past shoulder line, but come under the body, with elbows coming into the side of the body before recovery.</p> <p>Walk across the pool, with shoulders under the water; demonstrate crocodile (arms extended, snap action with hands); monkey (elbows bent under shoulders with hands under armpits); mouse (hands together in front of mouth)</p> <p>Imagine you have a bowl of ice cream in front of your chest, scoop your hands around the bowl and put the ice cream in your mouth...then go back for more!</p>	<p><b>Enable:</b> use noodle across chest whilst walking across pool <b>Extend:</b> increase fluency of arm action; include leg kick</p> <p><b>Extend:</b> sit upright on noodle; perform action whilst keeping arms in front of noodle</p>	
<p><b>OR</b></p> <p>Pizza Slice</p>	<p>Pull down around pizza, cut a wedge and quickly go back for more! IN ALL THE ABOVE PULL DOWN AND OUT, IN AND UP AND SHOOT HANDS FACING TOGETHER TO STREAMLINE STRETCHED POSITION</p>		
<p><b>3. Full stroke</b></p>	<p>Pull+Breathe Kick+Glide</p> <p>Begin with push and glide from the side, hands and arms extended (hands on position), begin with one arm pull at the end of the glide and build up to full stroke across the pool</p>		
<p><b>Butterfly</b></p> <p><b>1. Developing stroke technique through Water Skills approach</b></p> <p>*Porpoise through hoop</p>	<p>Ask any pupil to move through the water like a mermaid; dolphin; wiggle like a worm and they will know what you mean!</p> <p>Approach a hoop, held flat on top of the water, bend knees and push off through the bottom of pool to go over and through the hoop (the arms will automatically sweep over the top of the</p>	<p><b>Enable:</b> hold noodle/hoop lower in the water</p> <p><b>Extend:</b> swim up to hoop; use a line of hoops/noodles to porpoise over; put sinkers on pool floor for pupils to collect as they dive into hoop</p>	<p>1 hoop per 4-6 pupils</p>

	water to enable the body to travel over and into the hoop)		
<b>2. Legs</b> *Undulate through the water  * Circus tricks!  *Undulate on front or under water  <b>3. Arms</b>  * Walk through water using Butterfly arm action	Demonstrate undulation movement  On back, imagine, two feet are stuck in one trouser leg; kick from hips, but movement begins from head and shoulders; flip two feet up to surface with knees bent.  On back, kick up a ball with your feet.  Double leg kick: kick: kick.  Model/demonstration  Shoulders under water; arms 'lollop over'	<b>Enable:</b> use a noodle – the only time any floatation aids should be used in Butterfly is on back with a noodle (on front could potentially jar back)	1 small lightweight ball per pupil
<b>4. Full Stroke</b>	Encourage double leg kick (two kicks to each arm cycle: kick on arm entry; kick as arms exit  Begin with push and glide from the side, hands and arms extended (hands on position), begin with one arm stroke cycle at the end of the glide and build up to full stroke across the pool  Push chin forwards as arms begin to recover  Push chin to chest (to 'face the water') as arms come over  Order: kick – pull – kick - recover	<b>Enable:</b> use a noodle <b>Extend:</b> breathe every alternate arm cycle (every two strokes)	
<b>SELF RESCUE</b>			
<b>SAFE CODE</b>			
<b>1. Treading Water</b>	<i>Imagine you have just fallen into a sea/lake or had to jump in from a burning boat</i> Aim: to keep upright to watch for rescue ships/attract attention	<b>Enable:</b> shallower water; floatation aids under one arm/across chest; close to side <b>Extend:</b> deep water – keep going for set time; keep arm out of water	Floats if needed

<p>3 types:</p> <p>*Breast stroke legs</p> <p>*Soldier march</p> <p>*Eggbeater</p>	<p>Wide, relaxed breaststroke leg kick, arms by side, sculling in a figure of eight</p> <p>Legs work forwards and back (cycling motion); arms as above</p> <p>Used by water polo players/synchronised swimmers as it allows the swimmer to get shoulders high above water; in survival situation, to wave and call for help</p> <p><i>Try all 3, which do you prefer? Wave and call for help to rescue boat</i></p>		
2. H.E.L.P.	<p>Stands for <b>Heat Escaping Lessening Posture!</b></p> <p>Basically, this means when in very cold water, aim to maintain core body temperature: heart, lungs, kidneys, whilst also keeping head out of water (as it loses most heat), and groin protected from loss of heat.</p> <p>Technique:</p> <p>'Banana Position' hold bottle/ float (or anything buoyant) across chest, with arms crossed and held tightly to upper body, cross ankles and bring knees up slightly; head out of water; relaxed position in water</p>	<p><b>Enable:</b> 2/3 floats; close to side</p> <p><b>Extend:</b> minimal/no floatation aids</p>	Floats
3. Example Scenarios	<i>Example - You are walking along the Thames and notice a day cruiser in flames, with people panicking + jumping into the water – what would you do?</i>		
<p>4. FLAG ACTIVITY</p> <p>BLACK &amp; WHITE / RED / RED &amp; YELLOW</p>	<p><b>Black &amp; white</b> - Swim to other side</p> <p>- noodle - jet ski - wind surf</p> <p><b>Red</b> – Climb out</p> <p><b>Red &amp; Yellow</b> – Use paddle board – float and kick legs</p>		



5. STRADDLE ENTRY	<p>Used when you don't know the depth of water; i.e. not when water is known to be shallow; also when you need to keep head above water.</p> <p>Technique: Stand on the edge of the pool with one foot forward; wide arms (either held out to side or bent slightly in front); look forward; step with other foot to make as wide a body base as possible (DO NOT BRING FEET TOGETHER OR YOU WILL SINK!) On entry, you can give a big kick and push down with arms to aim to keep head out of water</p>		
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**Contrasting skills you may wish to develop include:**

- Various floats
- Sculling
- Handstands
- Surface dives – feet first and head first
- Mushroom floats
- Somersaults