

Aquatics School Competition Framework Organisers' Sheet

Age group	Format	Facilities	People needs	Equipment	Resources from NGB
Key Stage 3: 11-12 years	<ul style="list-style-type: none"> • Dry land tests • Team competition • Skill based • Relays • Games • FUN • Within school – inter class/house • Inter-school • Local leagues 	<ul style="list-style-type: none"> • Gym/hall • School or LA pool – any size (depth may influence activity) • Transport (if needed) 	<ul style="list-style-type: none"> • Teachers • Swimming teachers • Lifeguards • Young leaders • Adequate supervision • access to school IT resources 	<ul style="list-style-type: none"> • Armbands or discs • Kick boards • Balls • Music reproduction • Basics for Mini-Polo 	<ul style="list-style-type: none"> • Sample programmes • Best practice ideas • Teacher training • Young leader training • Links to clubs and aquatics community
Key Stages 3 and 4: 12-16 years	<ul style="list-style-type: none"> • As above 	<ul style="list-style-type: none"> • As above 	<ul style="list-style-type: none"> • As above 	<ul style="list-style-type: none"> • As above 	<p>As above plus:</p> <ul style="list-style-type: none"> • access to SwimFit programmes • links to other fitness related opportunities
16 -19 years	<ul style="list-style-type: none"> • Personal challenges – competition v personal fitness goals • Team games 	<ul style="list-style-type: none"> • As above 	<p>As above plus:</p> <ul style="list-style-type: none"> • access to healthy lifestyle information 	<ul style="list-style-type: none"> • As above 	