



The ASA Swimming Teaching Conference 2009

Work Shop C

The Delivery of High Quality School Swimming

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Aims and Objectives of this workshop

To investigate what the characteristics
are of a Quality School Swimming Programme/Lesson



Delegates content overview

- Plan a 30min school swimming lesson
- Plan the delivery of schools swimming KS1-3 if there were no barriers or challenges (Ideal model)
- Provide an example of a high quality programme/lesson
- Changes Needed (your views)
- Open Discussion

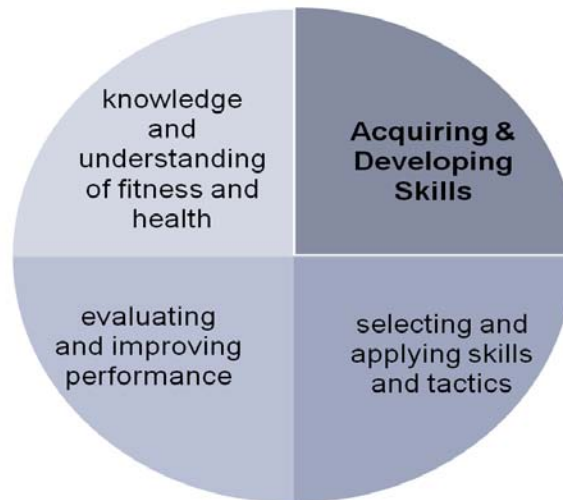


Schedule of Workshop

05.00mins	Introduction
10.00 mins	Group 1 & 2 Tasks
15.00 mins	Group Feedback/Discussion
10.00 mins	Example of a High Quality Lesson/Programme
05.00mins	Questions



Four Strands of National Curriculum





PROGRESSION OF THE 4 STRANDS IN KS1

Acquiring & Developing Skills

- ❖ Enter water Carefully
- ❖ Move across the pool
- ❖ Move on and below surface
- ❖ Swim short distances

Selecting & Applying Skills & Tactics

- ❖ Talk/describe how body feels in water
- ❖ Use different arm and leg actions to propel themselves
- ❖ Co-ordinate actions with balance and control
- ❖ Float on surface

Knowledge & Understanding of Fitness & Health

- ❖ Describe how water temp affects their body
- ❖ Explain how to feel warmer in water
- ❖ Know and explain rules and routines for water safety
- ❖ Take care of themselves and aware of others around the pool

Evaluating & Improving Performance

- ❖ Explain with actions/words what they and others do
- ❖ Copy and describe what they see in demonstrations



PROGRESSION OF THE 4 STRANDS IN KS2

Acquiring & Developing Skills

- ❖ Controlled Breathing
- ❖ Comfortable on surface and under water
- ❖ Fluent and controlled backstroke, front crawl and breast stroke
- ❖ Personal survival techniques
- ❖ Swim 45 secs + and more than 50M

Selecting & Applying Skills & Tactics

- ❖ Use variety of strokes/personal survival to suit needs of task
- ❖ Plan how to meet set challenges individually/groups
- ❖ Recognise own ability and demand of challenges
- ❖ Choose safe and efficient ways to successfully complete challenges

Knowledge & Understanding of Fitness & Health

- ❖ Describe why swimming keeps them fit and healthy
- ❖ Explain reaction of body to swimming different distances/times
- ❖ Describe how swimming affects heart rate/breathing and importance of controlled breathing

Evaluating & Improving Performance

- ❖ Use a range of language to describe what went well
- ❖ Identify aspects of their work that needs improvement and practices to do
- ❖ Realise demands of swimming for concentration, good control of arms/legs/breathing



TEACHERS TV KS1/2

Pupils first swimming lesson need not necessarily take place at the pool



Water safety lesson which includes the rules of the pool and introduction to the equipment

Incorporating swimming across the whole of the curriculum

- ❖ Target Setting
- ❖ Measuring in Meters
- ❖ Measuring in Seconds

<http://www.teachers.tv/search/node/Swimming>



JOURNEY THROUGH THE CURRICULUM

Lambeth Pools in Schools Project



- ❖ Do your lessons incorporate the 4 Strands of National Curriculum?
- ❖ Do you know the QCA Programme of study for Swimming & Water Safety (Core Tasks)?
- ❖ Does your school offer a minimum of 24 hours per pupil? (2 Core Units – 3 core tasks per unit 8-12 hours learning per unit)
- ❖ Is the programme delivered by suitably qualified staff?



EXAMPLE OF SCHOOL SWIMMING PROGRAMME

KS2 ATTAINMENT 89%

Year 4

Summer Term

FUNDamentals & Water Confidence



Year 5

Autumn & Spring Term(s)

Swim Skills (Building Technique)



Year 6

Top Up Intensive Lessons





OPEN FORUM