

SCHOOLS-GROUP SKILLS/SWIMMING PROGRAMME



Techniques to be developed



All Strokes: Front crawl – Back Crawl – Butterfly – Breast Stroke technique/Inverted Breast Stroke + Skills/Water Safety

WATER SAFETY	Reach Rescues: Clothes/Poles
	Throw Rescues Rope/Pole
	Wade Rescues Float/Pole
	Voice contact
	Entries/Exits: Steps/Ladders/Sitting/Turning/
	Clothing: Make a lifejacket with garments
	Towing: Towing with garments
	Tow with aid
	Straddle Jumps
	Treading Water 30 sec – 1min isolate limbs
	Inverted breast Stroke
	Surface dives: Feet/Head first



SKILLS	Floating: Star/Mushrooms
	Push/Glide – Front/Back
	Handstands
	Swimming Under Hoops
	Kneeling dive @ 1.5m
	Surface Dive – Feet/Head First
	Prone turn to Supine
	Sculling Feet/Head first



BEGINNERS/ADV BEG/IMP	Confidence Exercises
	Blowing Bubbles
	Face Submerging
	Walking/Running Races
	Push/Glide on Front/Back
	Walking with shoulders submerged
	Pushing Float with head arms behind back
	Mushroom Floating
	Looking for partners under the water
	Balance - Rotation
	Sculling
	Floating Skills
	Playing Games – Introduce Strokes