



# Abingdon Dolphins

## Abingdon Dolphins Swim Club – Expectations for Parents and Swimmers Foundation 1 Class

### Information and expectations

The main focus of the syllabus is to achieve the first of the Foundation Stage Awards 1-3 of the Swim England Learn to Swim programme. The emphasis of this scheme is not on swimming distance, but on developing the core strength and stability, coordination and water confidence. Your child will move in line with their physical development. Children develop skills at their own rate, and not in the same order, so it is not always helpful to compare notes with their friends. The programme is continuous, so the same skills are always being developed and built on throughout all the stages. The best recipes for hurrying up the process are practising the skills frequently (eg. taking your child swimming with the family) and an active healthy lifestyle generally.

There will be a teacher and a helper in the water, most of the time.

### Kit

No goggles allowed to enable development of full affinity with the water

1-piece swimming costume or warm suit if your child suffers from the cold.  
(ADSC can lend one if necessary)

Hat or hair tied away from face

No jewellery

All other equipment will be provided

### Aims for Foundation 1 class

Children work on safety, confidence and basic movement skills in the water. This is mostly games led, - play with a purpose. You will not see your child trying to swim strokes. The aim is to achieve a good, confident horizontal position in the water. This may typically take a year to 18 months if a child starts as a 5 year old.

Children will be working to the outcomes of Stage One, but many will be also working towards some Stage Two goals as they are on a continuous pathway. The same skills are always being developed and some children may show individual strengths, so skills will be ticked off as they go. They will move up to the next class when the Teacher considers that they can cope with the full Stage Two syllabus. This may take the form of visits at first.

Children will have to demonstrate that they can perform a skill confidently every time to achieve an outcome.



# Abingdon **Dolphins**

## Badges that can be awarded in Foundation 1 Classes

### **Puffin Award**

Swimming or kicking with an aid, feet off the floor, with confidence

### **Learn to Swim Stage 1**

By completing this Award, with or without floatation equipment or support, you will be able to:

1. Enter the water safely.
2. Move forward for a distance of 5 metres, feet may be on or off the floor.
3. Move backwards for a distance of 5 metres, feet may be on or off the floor.
4. Move sideways for a distance of 5 metres, feet may be on or off the floor.
5. Scoop the water and wash the face.
6. Be comfortable with water showered from overhead.
7. Move from a flat floating position on the back and return to standing.
8. Move from a flat floating position on the front and return to standing.
9. Push and glide in a flat position on the front from a wall.
10. Push and glide in a flat position on the back from a wall.
11. Give examples of two pool rules.
12. Exit the water safely.