



# Abingdon Dolphins

## Abingdon Dolphins Swim Club – Expectations for Parents and Swimmers Foundation 2 Class

### Information and expectations

The main focus of the syllabus is to achieve Stage 2 of the Foundation Stage Awards of the Swim England Learn to Swim programme and begin work on Stage 3 whilst still in shallow water. 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 visit deeper water during this Stage.

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 skill set is always being developed and built on through 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.

This class usually has a helper in the water.

### Kit

No goggles allowed to enable development of full affinity with the water. Goggles may sometimes be provided by the class teacher by way of introduction.

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

Developing safe entries into water, basic gliding and floating, travel on the front and back up to a distance of 5-10 metres plus rotation to regain upright position. Swimmers will use buoyancy aids, e.g. floats and noodles a lot, as this helps strengthen kicking skills. <sup>[SEP]</sup> You will not be seeing strokes at this stage. You will see great emphasis on the streamlined position. (Rockets)

Children will be working to the outcomes of Stage Two, but many will be also working towards some Stage Three goals as core skills are developed further. These 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 Three syllabus in deep water. 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.



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## Badges that can be awarded in Foundation 2 Classes

### **Learn to Swim Stage 2**

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

1. Jump in from poolside safely to a minimum depth of 1.0 metre.
2. Blow bubbles a minimum of three times rhythmically, with nose and mouth submerged.
3. Move from a flat floating position on the back and return to standing without support.
4. Move from a flat floating position on the front and return to standing without support.
5. Push from a wall and glide on the back - arms can be by the side or above the head.
6. Push from a wall and glide on the front with arms extended.
7. Travel using a recognised leg action with feet off the pool floor on the back for 5 metres.
8. Travel using a recognised leg action with feet off the pool floor on the front for 5 metres.
9. Perform a tuck to rotate from a flat floating position on the front, to a back floating position, then return to standing.
10. Perform a tuck to rotate from a flat floating position on the back, to a front floating position, then return to standing.
11. Perform a log roll from the back to the front.
12. Perform a log roll from the front to the back.
13. Exit the water without support.

### **Rainbow Distance Awards**

5 and 10 metres travel.

### **Learn to Swim Stage 3**

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

1. Jump in from poolside and submerge to a minimum depth of 1.0 metre.
2. Sink, push away from wall and maintain a streamlined position.
3. Push and glide on the front with arms extended and log roll onto the back.
4. Push and glide on the back with arms extended and log roll onto the front.
5. Travel 5 metres on the front, perform a tuck to rotate onto the back and return on the back.
6. Fully submerge to pick up an object.
7. Answer correctly three questions on the Water Safety Code.
8. Push and glide and travel 10 metres on the back.
9. Push and glide and travel 10 metres on the front.
10. Perform a tuck float and hold for three seconds.
11. Exit the water without using steps.