



# Abingdon Dolphins

## Abingdon Dolphins Swim Club – Expectations for Parents and Swimmers Improver 3 Class

### Information and expectations

The main focus of the syllabus is to achieve Stage 5 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 balance, focusing on swimming 4 basic strokes absolutely correctly. 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 through all the stages. This can be a long drawn out stage, since swimmers are expected to be proficient in 4 strokes by its end.

The best recipe for hurrying up the process are practising the skills frequently, and an active healthy lifestyle generally, building strength and stamina. Watching video clips of the strokes being swum is a good idea at this Stage.

### Kit

Goggles essential.

1-piece swimming costume for girls, tight fitting trunks or shorts for boy (No board shorts please, - they drag too much, making swimming very hard).

Hat or hair tied away from face. No jewellery.

All other equipment will be provided

### Aims for Improver 3 class

Developing 'watermanship' through sculling and treading water skills and complete rotation.

Performing all strokes for a distance of 10 metres correctly to expected Swim England standards.

Building Stamina on kicking skills and building distance on strokes.

Working on all Push and glide skills, simple touch turns and diving skills. 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 Improver 3 Classes

### **Learn to Swim Stage 5**

By completing this Award you will be able to:

1. Perform a flat stationary scull on the back.
2. Perform a feet first sculling action for 5 metres in a flat position on the back.
3. Perform a sculling sequence with a partner for 30-45 sec, include a rotation.
4. Tread water for 30 seconds.
5. Perform three different shaped jumps into deep water.
6. Push and glide and swim 10m backstroke (performed to Swim England expected standards).
7. As 6 but front crawl.
8. As 6 but breaststroke.
9. As 6 but butterfly.
10. Perform a handstand and hold for a minimum of three seconds.
11. Perform a forward somersault.
12. Demonstrate an action for getting help.

### **Rainbow Distance Awards**

15m

20m

25m

### **Possible Stroke Awards**

5m, 10m Front Crawl

5m, 10 m Back Crawl

5m, 10m Breaststroke

5m, 10m Butterfly

### **Personal Survival 1**