



Abingdon Dolphins

Abingdon Dolphins Swim Club – Expectations for Parents and Swimmers Improver 4 Class

Information and expectations

The main focus of the syllabus is to achieve Stage 6 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, developing a good breathing technique for each stroke. 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.

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 4 class

Developing effective swimming skills including coordinated breathing across all strokes plus swimming a distance of 25 metres using a stroke of the Swimmers choice.

Continuing with Start and Turn skills.

Developing the water safety aspects and understanding of preparation for exercise

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 4 Classes

Learn to Swim Stage 6

By completing this Award you will be able to:

1. Give two examples of how to prepare for exercise and understand why it is important.
2. Sink, push off on side from the wall, glide, kick and rotate into backstroke.
3. Sink, push off on side from the wall, glide, kick and rotate into front crawl.
4. Swim 10 metres wearing clothes.
5. Push and glide and swim front crawl to include at least six rhythmical breaths.
6. Push and glide and swim breaststroke to include at least six rhythmical breaths.
7. Push and glide and swim butterfly to include at least three rhythmical breaths.
8. Push and glide and swim backstroke to include at least six regular breaths.
9. Push and glide and swim 25 metres, choice of stroke is optional (performed to Swim England expected standards).
10. Perform a 'shout and signal' rescue.
11. Perform a surface dive.

Rainbow Distance Awards

25m

50m

Rainbow Stroke Awards

10-25m Front Crawl

10 -25m Back Crawl

10m-25m Breaststroke

5-10m Butterfly

Personal Survival 2