

## **Swimming Wave Programme (Updated 19/Mar/2021)**

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### **Introduction**

Welcome to this aquatic world of learning, colour and imagination. The Swimming Wave Swimming Programme is an intuitive guide for teachers, parents and students to understand our lessons with logic and colour. Swimming is a fundamental part of a well-rounded education and Swimming Wave lessons are a fantastic way to complement the learning of its students.

The private context of our classes (ratios 1:1, 2:2 and babies 1:12) and the young age of our students have prompted the need to implement different teaching approaches and the development of a more applicable swimming program that not only provides the expected outcomes but also the path of how to achieve them.

As expected, students taking private classes (Children's Programme) will receive the teacher's full attention for the entirety of their lesson. Therefore, sessions will be planned and tailored to the unique needs and learning style of the student.

Swimming Wave students are generally younger than those of other swimming schools. Consequently, teachers must make additional adjustments to the way they teach, applying the program according to the maturity level of the student, addressing individual requirements without deviating too much from the main task which is to provide the best swimming tuition.

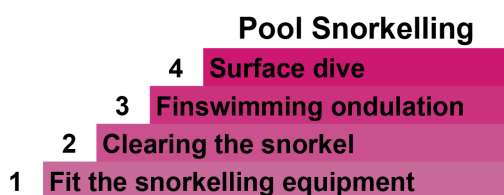
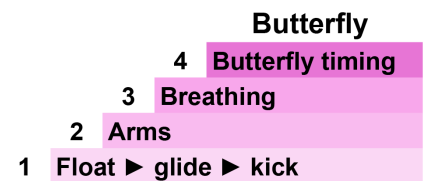
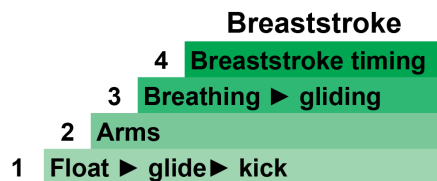
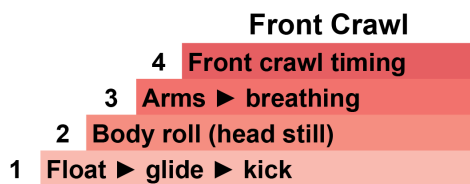
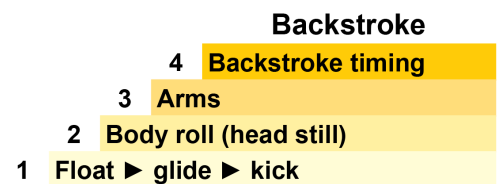
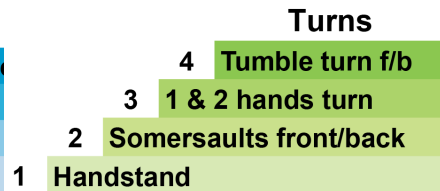
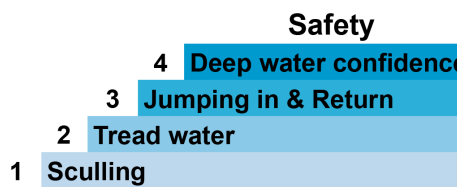
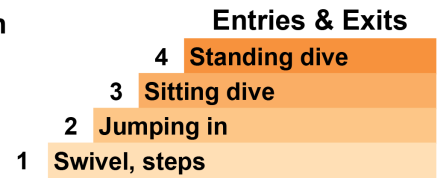
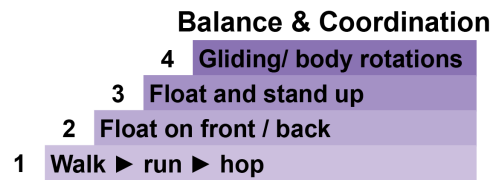
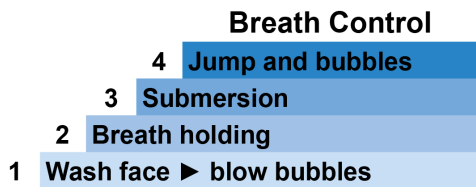
### **1. The colours and the 'skill stairs diagrams'**

In addition to the learning outcomes, skill stairs diagrams are provided. They help to understand and use the programme. They show how skills are related to one another and the expected path to follow when teaching or learning a particular stroke or technique.

Within a stair (family color) each step (skill) is ordered from light shades to dark shades. The lighter the color, the more basic the skill, the darker the more complex the skill is and yet they both share the same end goal.

For instance, the ability of 'Blowing bubbles' is represented by a very light blue, while 'Submersion' by a darker blue. Both are the same color (blue) as they belong to the same skill family (breath control family) notice they share the same end result which is to achieve 'breath control'. (see below skill stairs diagrams),

## 2. Skill Stairs Diagrams



### 3. The program

The Swimming wave programme is composed of the children's programme and the babe's programme. The children's program has 8 stages and the babies' has 3 phases.

#### 4.1 Children's Programme

##### STAGE 1

'Gaining confidence in shallow water'. Through exploration and discovery, Students are guided to master the skills of aquatic breathing and balance. Pupils will receive blue badges (Blue Wave Master Awards) when achieving outcomes 3 and 9 and a blue medal when completing all outcomes. Then the student will be promoted to stage 2.

STAGE 1		
Modules	Gaining confidence in shallow water. Exploration and Discovery to master aquatic breathing and balance	Badges
	Students will develop the following skills:	
1	Safe entries: swivel, down the stairs, and walking in by beach area	
2	Walk, jump, skip and run for a distance of 5 metres (different ways/directions/speeds/)	
3	Badge: Breath control: wash face/bubbles/breath holding/submersion	X
4	Hold on to edge and move to safety/climb out	
5	Float with support (front/back)	
6	'Stand up' from floating with support (front & back)	
7	Blow bubbles rhythmically at least 3 consecutive times	
8	Pick up toys with support (best with eyes open & no goggles)	
9	Badge: Jumping in with support	X
10	Safe exits: Climb out, swivel seat, walking out by beach area	

## Stage 2

'Gaining confidence in deep water'. By learning the secrets of floating, gliding and kicking students will improve their core strength and body alignment. Pupils will receive purple badges (Purple Wave Master Awards) when achieving the outcomes 8 and 9 and a Purple medal when completing all outcomes. Then the student will be promoted to stage 3.

STAGE 2		
Modules	Gaining confidence in deep water. Buoyancy, gliding and kicking to improve core strength and body alignment	Badges
	Students will develop the following skills:	
1	Jump & bubbles rhythmically at least 3 consecutive times	
2	Float independently on the front/back	
3	Stationary scull	
4	'Stand up' independently from floating on the front /back	
5	Push and glide on the front /back, blowing bubbles/ breath holding	
6	Log roll from the front to the back / back to the front.	
7	Kick on the front Independently for 5 metres	
8	Badge: Kick on the back Independently for 10 metres	<b>X</b>
9	Badge: Jumping in and return dependently to poolside	<b>X</b>
10	Kicking, log roll onto back/front & return to front/back X 2 cycles	
11	Mushroom float (tuck float)	
12	Kicking on the front/ back, perform a tuck to rotate to the back/front then kick for 5 metres	
13	Handstand with support.	
14	Lateral breathing with support	
15	Exit the water independently	

### Stage three

'*Becoming independent in deep water*'. Students will be introduced to front crawl, backstroke and to more complex swimming skills such as somersaults. Pupils will receive red badges (Red Wave Master Awards) when achieving the outcomes 12 and 13 and a red medal when completing all outcomes. Then the student will be promoted to stage 4.

STAGE 3		
Modules	Becoming independent in deep water. Introducing front crawl and backstroke, advanced body control.	Badges
	Students will develop the following skills:	
1	Jump & bubbles rhythmically for 10 metres	
2	Sink, push and glide on the side holding streamline	
3	Kick on the front/back, tuck to rotate to the back/front (around the horizontal axis) then kick for 5 metres	
4	Shoulder-hip rotations on the front with head still for 10 metres	
5	Lateral breathing independently	
6	Front crawl arm: introduction	
7	Front flip: Push and glide into a forward somersault	
8	Back flip: Assisted backwards somersault	
9	Treading water: Breaststroke kick, egg-beater kick, cycling-kick, crawl-kick.	
10	Shoulder-hip rotations on the back with head still for 10 metres	
11	Backstroke arm: introduction	
12	Badge: Front crawl 10 metres	<b>X</b>
13	Badge: Backstroke 25 metres	<b>X</b>
14	Handstand for a minimum of three seconds.	
15	Sitting dive	

## STAGE 4

'Developing fluidity in front crawl and backstroke'. Students will work to improve front crawl, backstroke and also learn tumble turns. At the end of the stage, pupils will be introduced to butterfly and breaststroke kicks. Students will receive yellow badges (Yellow Wave Master Awards) when achieving the outcomes 7 and 11 and a yellow medal when completing all outcomes. Then the student will be promoted to stage 5.

STAGE 4		
Modules	Developing fluidity in Front Crawl and backstroke, tumble turns, introduction to butterfly and breaststroke legs.	Badges
	Students will develop the following skills:	
1	Jump & bubbles rhythmically for 20 metres	
2	Shoulder-hip rotations with alternated side-breathing for 15 metres	
3	Shoulder-hip rotations on the back with head still for 15 metres	
4	Front crawl timing: arms, legs, body rotation & breathing	
5	Front crawl 25 metres	
6	Backstroke timing: arms, legs, body rotation	
7	Badge: Backstroke 50 metres	X
8	Scullings: head first and feet first scull for 10 metres	
9	Tread water for 30 seconds	
10	Tumble turn: 'front crawl'	
11	Badge: Tumble turn: 'Backstroke'	X
12	Surface dive (from floating): pick up objects	
13	Breaststroke legs action on the back for 5 metres	
14	Body undulations: Butterfly legs introduction.	

## STAGE 5

'Learning breaststroke and developing smooth rhythmic strokes'. Students will learn the secrets of a good breaststroke technique whilst reinforcing backstroke and front crawl to perform smooth rhythmic movements. Pupils will receive green badges (Green ave Master Awards) when achieving the outcomes 7 and 12 and a green medal when completing all outcomes. Then the student will be promoted to stage 6.

STAGE 5		
Modules	Learning breaststroke and developing smooth rhythmic strokes. Reinforcement of backstroke and front crawl	Badges
	Students will develop the following skills:	
1	Jump & bubbles rhythmically for 30 metres	
2	Breaststroke legs action for 10m	
3	Breaststroke arms action	
4	Breaststroke timing: arms, breath, kick, recovery, glide	
5	Breastroke two-handed turn	
6	Breaststroke start, and a finish	
7	Badge: Breaststroke 25m	X
8	Front crawl 50 metres	
9	Backstroke 100 metres	
10	Butterfly legs action on the back for 10 metres	
11	Butterfly legs with double arm action on the back for 5 metres	
12	Badge: Tread water for 1 minute.	X

## STAGE 6

'Learning butterfly and reaching competency on all fundamentals'. Students will learn the secrets of a good butterfly technique whilst consolidating front crawl, backstroke and reinforcing breaststroke. Pupils will receive pink badges (Pink Wave Master Awards) when achieving the outcomes 9 and 11 and a pink medal when completing all outcomes. Then the student will be promoted to stage 7.

STAGE 6		
Modules	Learning butterfly and reaching competency on all fundamentals. Front crawl and backstroke consolidation, breaststroke reinforcement.	Badges
	Students will develop the following skills:	
1	Butterfly legs action on the front for 10 metres	
2	Butterfly underwater arm action	
3	Sink, jump and glide to surface, bend down gliding to the bottom, arch back and stand up.	
4	Butterfly breathing and recovery	
5	Butterfly arms action	
6	Butterfly timing: arms, kick, breath, recovery, glide	
7	Butterfly two-handed turn	
8	Butterfly start and finish	
9	Badge: Butterfly 15 metres	X
10	Breaststroke 50 metres	
11	Badge: Front crawl 100 metres	X
12	Backstroke 150 metres	
13	Tread water for 2 minutes.	



## STAGE 7

'Learning medley and developing proficiency on all strokes'. Students will learn the secrets of a good Medley technique whilst reinforcing butterfly, consolidating breaststroke and swimming longer distances. Pupils will receive orange badges (Orange Wave Master Awards) when achieving the outcomes 3 and 8 and a pink orange medall when completing all outcomes. Then the student will be promoted to stage 8.


STAGE 7		
Modules	Learning medley and developing proficiency on all 4 strokes. Butterfly reinforcement and longer distance swimming	Badges
	Students will develop the following skills:	
1	Racing Techniques: short-long races (breathing patterns, kicking frequencies)	
2	Medley terminology	
3	Badge: 4 x 1 length of individual medley	X
4	Speed development on the 4 competitive strokes	
5	Front crawl 150 metres	
6	Backstroke 200 metres	
7	Breaststroke 100 metres	
8	Badge: Butterfly 25 metres	X
9	Tread water for 3 minutes.	


## STAGE 8

'Love for Swimming, Swim for Life'. Students will be introduced to the world of pool snorkelling, triathlon swimming, finswimming and swim-squad. Pupils will receive fuchsia badges (Fuchsia Wave Master Awards) when achieving the outcomes 4 and 8 and a fuchsia medall when completing all outcomes.


STAGE 8		
Modules	Love for Swimming, Swim for Life. Introduction to pool snorkelling, Triathlon swimming, Finswimming and Swim-Squad	Badges
	Students will develop the following skills:	
1	Fit the Snorkelling equipment correctly	
2	Clear water from the snorkel and resume breathing without lifting the face from the water	
3	Safe entries and exits	
4	Badge: Perform a surface dive and return to the surface, clearing the snorkel on the surface using the blast method	X
5	Finswimming ondulation technique	
6	Finswimming alternated kicking technique	
7	Remove all snorkelling equipment independently	
8	Badge: Triathlon swimming (timing, breathing and kicking)	X
9	Time taken: 50m front crawl, 50m backstroke, 50m breaststroke, 25m butterfly	
10	Finswimming 200 metres	

## 4.2 Babies' Programme

 <b>Phase 1</b> (3 months-1 year)	
<b>Steps</b>	<b>Water Discovery.</b> Sensory discovery of water properties.
	At the end of this phase students will be able to perform the following:
1	Sensory Discovery, splashing, waving.
2	Be at ease with at least 3 different holds.
3	"Ready-Go"cue recognition.
4	Eye hand coordination, reaching and catching.
5	Basic leg and hands movement (Assisted).
6	Submersion breath-holding(Assisted).
7	Horizontal and vertical rotation (Assisted).
8	Floatation back/front (Assisted).
9	Holding on to the wall (Assisted).
10	Sitting jump (assisted).
11	Baby phase 1 completed.

 <b>Phase 2</b> (1 year-2 years)	
<b>Steps</b>	<b>Water Exploration.</b> Active interaction with the watery environment & mastering the breath control.
	At the end of this phase students will be able to perform the following:
1	Bubbles through nose/mouth and breath holding
2	Leg-kick & arms movement.
3	Submersion breath-holding (Assisted).
4	Body rotations: horizontal (back to front and vice).
5	Monkey climbing.
6	Floatation back/Front (assisted).
7	Regaining standing position from floating back/front (assisted).
8	Sitting/standing jumps (assisted)
9	Vertical submersion then rotation and hold on to the wall (assisted).
10	Climbing out of the pool, safe entry/exit.

11	Baby phase 2 completed.
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 **Phase 3** (2 years-3 years)

<b>Steps</b>	<b>Water Adaptation.</b> Mastering propulsion & buoyancy, independent movement through the water.
	At the end of this phase students will be able to perform the following:
1	Safe entry/exit.
2	Balance and coordination: Walking, hopping, Running.
3	Bubbles through mouth and nose.
4	Monkey climbing.
5	Independent body rotations: back to front and vice versa
6	Voluntary submersion, Breath-holding 3-5 sec.
7	Pick up objects underwater.
8	Floatation front/back.
9	Regaining standing position from floating back/front.
10	Glide to the: wall/teacher/parent and hold/stand.
11	Leg Kick front/back 3-5 mt.
12	Jumping in, then back to the side
13	Sitting dive (assisted)
14	Baby phase 3 completed.