



Hempstalls Swimming practices - Beginner (Fin and Discs)

Front - Leg kick

- Children at this level need to mainly focus on leg kick and body position in the water
- Using woggles (speed boats) – they need to practice straight legs and pointy toes – kick from the hips
- Get the children onto the poolside to practice this lifting legs off the pool side to strengthen legs
- With speedboats the children should push their chins forward as this will bring the legs and body to the surface of the water
- Children should squeeze their legs together to avoid and large kicks (legs should not come above the surface of the water)

Water Confidence

- Get the children into the water holding onto the side and practice bubbles – mouth closed and imagine they are blowing out birthday candles
- Lots of watering can activities over the head and teaching the children they need to blink their eyes and not rub them (rubbing eyes will cause children’s eyes to get sore and sting)
- Once the children are happy with water around their faces get them holding onto the side with straight arms and have a go putting their face into the water blowing bubbles. This needs to be done slowly as if they do it fast their body position in the water will be affected.
- Progression for this is to get the children kicking across using speedboats (woggle in loop in front of swimmer) and as they travel get them to have a go with their face in the water .
- As the swimmers grow in confidence try to increase the time with face in aiming to get them keeping face in blowing bubbles for up to 3 seconds

Arms

Beginners should not be attempting to do over arm recovery with discs on. They should only be attempting this when discs have been removed and the swimmer is happy with their face in for 3-5 seconds.

- Get the children to think about spoons as hands (fingers closed in a scoop form)
- Arms should stretch forward in front of the face until the arms are straight
- Fingers should then slightly face down allowing the children to pull the water. Pull the water to the chest (don't allow the arm and hand to go down to the belly button)
- Once one arm comes to the chest the other arm needs to stretch forward and pull. This motion needs to be continuous to allow the swimmer to move forward.
- A good game for this is getting the children to imagine the water is ice cream and hands are ice cream scoops and they have to scoop as much ice cream as possible

Hempstalls Swimming Intermediate - Fin

Front Crawl

- 1) Introduction to arms
 - Children need to be able to keep faces in the water for 3 seconds
 - Head needs to remain still when doing arms (allow shoulders to move)
 - Push the water back with the palm of hand – turn thumb out when hand reaches leg (this allows the shoulder to release) Arm needs to clear the water.
- 2) Lots of focus on kicking – this is the most important part of any stroke (if the children have not got a strong leg kick they will struggle with superman practices) we need to see straight legs and pointy toes Children need to be practicing with faces in for 3 -5 seconds.
- 3) Superman practices - children just laying on their side with ear cheek and eye on with water and making sure there shoulder is pointing up to the sky
- 4) Progression is to have children hold the float with one hand, other arm by their side and practice rolling into superman making sure they are not lifting their head as they do this.
- 5) Two hands on the float looking to turn into superman as soon as their hand comes of the float (turning early allows the children more tie to take a breath) Children need to make sure they breath before the hand comes over the head and onto the float.
- 6) Introduction to one arm with their face in and next arm breathe or Bubble arm breathing arm

