

Stockport Metro Supported Swimming Lessons

Looking for the best the child can achieve, teachers will work with the individual child to recognize when they have reached their potential. This will be different for each child.

Children showing good ability will be considered for mainstream lessons or follow the mainstream lesson scheme.

Award 1 Level 1

The use of hands on support or a combination of aids will be used throughout. Teachers will be hands on and use lots of demonstrations!

Entry with assistance	We are looking for as much independence as the disability will allow Steps, slide, sit and fall in, jump in, hoist.
Safety	enter, turn, turn, turn and hold the side/platform
Walk or move with support	Small steps, big steps, shoulders under water. Try forwards backwards & sideways Support for the child front or back whilst moving in different directions.
Feet off the floor	Tuck knees up and lift feet off the floor or tip and lift feet off the floor.
Play with toys/water	Build towers, watering cans and squirty toys, play catch (see games sheet)
Blow bubbles	Blow egg flips, blow out the birthday candles, who can make the loudest/biggest bubbles
Exit with support	Exit with support

Award 1 Level 2

Wash/ wet face / hair	Draw shapes with nose
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	Use watering can & buckets for showers
Float supported (front or back) for 2 – 3 seconds	Pencil floats and support to regain standing Complete relaxation floats
Support child (front or back) whilst moving in different directions	Flat and horizontal towing
Push and float to the wall on front and away from the wall on back with support	Front – Hold at waist and push towards the wall – ensure hands are in front Back – two hands on the wall feet on the wall ears in the water, support under head and push
Using leg action or sculling motion move 5m front or back with support	Using leg action or sculling motion move 5m front or back with support
Follow instructions	Follow instructions to best of ability

Children achieving this award will be water confident and able to move 5m front or back with support.

Award 2 Level 1

The use of hands on support or a combination of aids should be used where appropriate. Teachers will be hands on and use lots of demonstrations.

Tuck & rotate	Tuck knees up off the floor and turn 360
Float on back and regain standing position	Pencil floats and support where needed to regain standing Complete relaxation floats Support when floating needs to be reduced as they progress
Float on front and regain standing	Pencil floats and support where needed to regain standing Complete relaxation floats Support when floating needs to be reduced as they progress
Push & glide front	Front – Hands in arrow shape, hold the child's hand and pull towards you progress to pushing off the wall

Push & glide back	Back – two hands on the wall feet on the wall ears in the water, support under head and push
Using leg action or sculling motion move 5m front or back with minimal support	Using leg action or sculling motion move 5m front or back with minimal support and regain standing
5m sculling type action	Wave hands towards feet, wave at the wall, thumb up thumb down, in out in out shake it all about
Basic aquatic breathing and underwater work	Fully submerge and shout on re surfacing (rhythmical breathing) In and out of hoops

Award 2 Level 2

Float and regain standing on front or back unsupported	Float and regain standing on front or back unsupported
Push and glide and regain standing on front no support	No aids
Push and glide and regain standing on back no support	No aids
5m unaided	Front or back
Rotation	Float on back rotate to float on front and vice versa Push and glide front – back Pendulum rotation – push and glide away from the wall pendulum rotation and stretch back to the side
Deep water confidence & safety	Push down under the water, float to the surface and shout on resurfacing Enter deep water and float (resting position) Rotations in the deep

Children achieving this award will be confident underwater and in the deep and will be swimming 5m unaided.

Award 3 Level 1

Aquatic breathing & underwater work	Pick up an object from the pool floor/platform Miming in pairs In and out of hoops Rhythmical breathing at the side of the pool, breath to the side start at 10 seconds increase to 30 seconds
10m alternating leg kick	10m alternating leg kick – can use woggle/float for support
10m front or back unaided	Arms streamlined above head Straight legs, floppy feet, stress free Over achievers introduce continuous backstroke arms
10m sculling	Feel the pressure – not a slip through the water! Head first scull, tub
Deep water confidence & safety	Enter Vertical floats Treading water
Rotation	Pendulum rotation in the deep – push and glide away from the wall pendulum rotation and stretch back to the side

Award 3 Level 2

Push glide kick + 5m extended front paddle, face in with control (turn onto back for the remainder of the 10m)	Show a high elbow and long pull Rotate onto back/ side to breath Increase distance of extended front paddle to 10m
Kick with a simultaneous leg action front or back for 5m	Fly kick, small fast movement on front Try fly kick on back Breaststroke legs on back, lie back with ears in the water, woggle behind the child, drop knees, knees hip width apart feet turned out (whip kick)

	Breaststroke legs on front, wobble in horse shoe shape, heels to bottom knees hip width apart turn feet whip back to straight legs.
10m basic backstroke	Start with push & glide, head still efficient leg kick relaxed recovery and little finger entry
5m front crawl with overarm recovery	Start with a push and glide, perform 3-4 overarm recoveries
Deep water confidence	Tread water 30 seconds, rotations, 10m deep water swim
Water Safety Award 1	

Children will be swimming 10m unaided front and back and will have the basics of back stroke and front crawl and a simultaneous leg kick.

Award 4 Level 1

10m backstroke	Streamlined start, head still, good rotation, slow to fast propulsive phase, little finger entry and slow recovery
10m front crawl type action	Try streamlined and fly kick to surface, high elbow on propulsive and recovery phase, one eye on the water when breathing
10m kick front & back with a simultaneous type leg action	<p>Fly – small undulation strong leg kick, try front and back</p> <p>Breaststroke legs on back, lie back with ears in the water, wobble behind the child, drop knees, knees hip width apart feet turned out (whip kick)</p> <p>Breaststroke legs on front, wobble in horse shoe shape, heels to bottom knees hip width apart turn feet whip back to straight legs.</p>
10m swim with a simultaneous type stroke	Breaststroke – correct timing pull, kick and glide with face in
Tread water and rotate 360	Tread water and rotate 360
15m swim own choice	15m swim on front or back

Push & glide underwater	At an angle, try pushing through hoops
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Award 4 Level 2

25m	Safe entry & 25m swim on front
25m	Safe entry & 25m swim on back
Sitting dive	
Swim 10m roll onto back, rest 1 minute and tread water for 30 secs	
Swim underwater	Try feet first and head first surface dives, handstands and swimming through hoops
Water Safety Award 2	
Create a short sequence (synchro)	Put sculling, treading water, underwater, rolls into a sequence
Ball skills (Mini polo)	Tread water & swim with a ball, pass the ball

Swimmers should be able to swim 25m on front and back, have worked on water safety and personal survival and have experience of synchronized swimming and water polo skills.