



## Teaching Programme

Banbury Swimming Club (BSC) has fully adopted the ASA's NPTS. The Lesson Programme is progressive and reflects good swimming development practice, in addition to being all inclusive. This will include an appropriate teacher/swimmer ratio to ensure quality teaching and safety.

Banbury Swimming Club implements the National Plan for Teaching Swimming within the club Learn to Swim programme. The Club implements the National Plan to teach swimming to provide logic and structure to the teaching process through a clearly defined development pathway. Allowing the child to develop a wide range of skills to become a competent, confident and safe swimmer.

The Club has two Learn to Swim sessions:

### **Stages 1 - 5**

These take place on Tuesday evenings at Bloxham School Pool, Bloxham.

### **Stages 5 - 7**

Thursday evening and Sunday Morning at Spiceball Leisure Centre. There is limited attendance on a Sunday morning which means only two lanes of the pool are used for Learn to Swim.

## **SESSION PLANNING, ATTENDANCE AND RECORD OF ACHIEVEMENT**

Swimmers commence at the level commensurate with their abilities at registration. This will be determined by the Teaching staff based upon the swimmers proven certificated training to date.

A record of attendance for each swim session is maintained and completed by the appropriate teacher.

Swimmers progress is recorded using The Group of Achievement record cards as prescribed in the ASA National Swim Awards. The teacher completes the record of achievement in accordance with guidance notes.

## **LESSON SCHEDULE**

The National Training Plan syllabus is followed for each award stage. A copy of the syllabus used in the Learn to Swim programme is attached as follows:

**STAGES 1 - 5**

**TUESDAY EVENING**

**BLOXHAM SCHOOL POOL**

## **Stage 1: Scheme of Work (Group 1)**

By the end of this stage participants will, with or without aids, equipment or support, be able to:

- Enter the water safely
- Move forwards for a distance of 5 m
- Move backwards for a distance of 5 m
- Move sideways for a distance of 5 m
- Scoop the water and wash face
- Be at ease with water showered from overhead
- Move into a stretched floating position using aids, equipment or support
- Regain an upright position from on the back, with support
- Regain an upright position from on the front with support
- Push & glide in a horizontal position to or from a wall
- Take part in a teacher led partner orientated game
- Demonstrate an understanding of pool rules
- Exit the water safely

## **Stage 2 : Scheme of Work (Group 1 / 2)**

By the end of this stage participants will, with or without aids, equipment or support, be able to:

### **Main Objectives:**

- Jump in from poolside safely
- Blow bubbles a minimum of 3 times rhythmically with nose and mouth submerged
- Regain upright position from the back without support
- Regain an upright position from the front without support
- Push from wall and glide on back
- Push from wall and glide on front
- Travel on the back for 5 m, aids or equipment may be used
- Travel on front for 5 m, aids or equipment may be used
- Perform a rotation from the front to the back to gain an upright position
- Perform a rotation from the back to the front to gain an upright position

## **Stage 3 : Scheme of Work (Group 2)**

**By the end of this stage participants will, without support, be able to:**

### **Main Objectives:**

- Jump from poolside and submerge (min. depth 0.9)
- Sink, push away from wall on side and maintain a streamlined position
- Push & Glide on the front with arms extended and log roll onto the back
- Push & glide on the back with arms extended and log roll onto the front
- Travel on the front, tuck to rotate around the horizontal axis to return on the back
- Fully submerge to pick up an object
- Answer correctly 3 questions on the Water Safety Code
- Travel 10m on the back
- Travel 10m on the front

## **Stage 4: Scheme of Work (Group 3)**

By the end of this stage participants will, without support, be able to:

### **Main Objectives:**

- Demonstrate an understanding of buoyancy
- Perform a tuck float for 5 seconds
- Perform a sequence of changing shapes (min of 3) whilst floating at the surface
- Push & glide from the wall to the pool floor
- Kick 10 m backstroke (one item of equipment optional)
- Kick 10 m front crawl (one item of equipment optional)
- Kick 10 m breaststroke on the front (equipment optional)
- Kick 10 m butterfly on the front or back (one item of equipment optional)
- Kick 10m breaststroke on the back (equipment optional)
- Perform on the back a head first sculling action for 5 m in a horizontal position
- Travel on back and roll in one continuous movement onto front
- Travel on front and roll in one continuous movement onto back
- Swim 10 m, choice of stroke is optional

## **Stage 5 : Scheme of Work (Group 4)**

By the end of this stage participants will, without support, be able to:

### Main Objectives

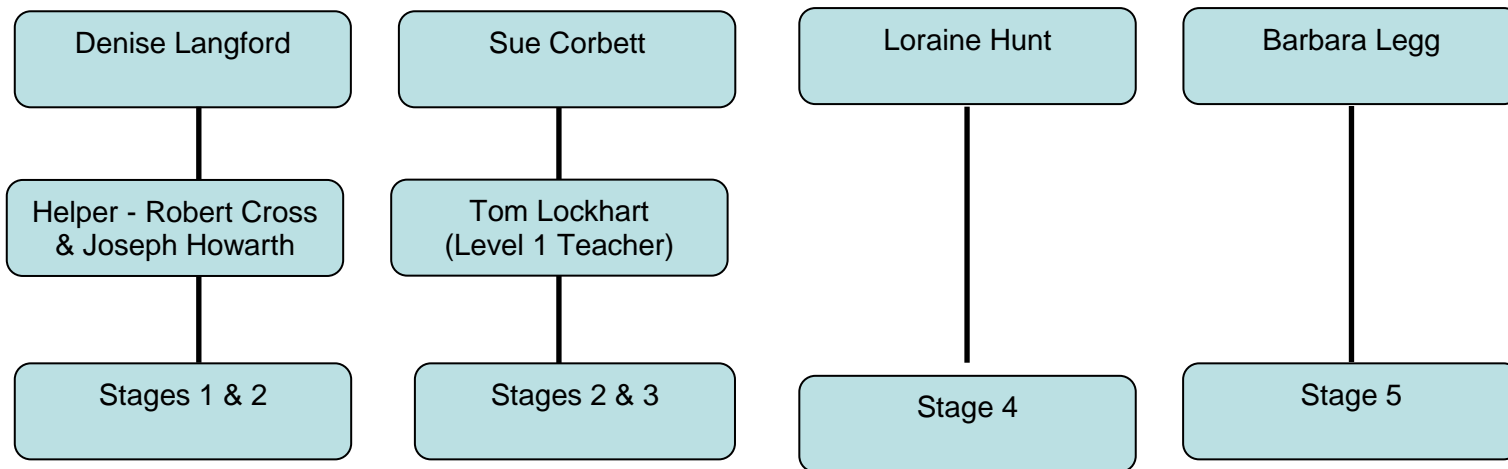
- Perform a horizontal stationery scull on the back
- Perform a feet first sculling action for 5 m whilst horizontal on the back
- Perform a sculling sequence with a partner for 30 – 45 seconds to include a rotation
- Tread water for 30 seconds
- Perform 3 different shaped jumps into deep water
- Swim 10 m backstroke
- Swim 10 m front crawl face in the water
- Swim 10 m breaststroke
- Swim 10 m butterfly
- Perform a handstand and hold for a minimum of 3 secs
- Perform a forward somersault, tucked, in the water
- Demonstrate an action for getting help.

# BANBURY SWIMMING CLUB STRUCTURE

## LEARN TO SWIM

### BLOXHAM

Tuesday





**STAGES 5 - 10**

**THURSDAY EVENING**

**SPICEBALL LEISURE CENTRE POOL**

**6.30 – 7.30 PM**

**Also Sunday 8.00am – 9.00 am  
(Two Lanes of pool only)**

## **GENERAL LESSON OBJECTIVES**

All lanes will work on a five week cycle.

- Week One Main Stroke I.M
- Week Two Main Stroke Fly
- Week Three Main Stroke Back stroke
- Week Four Main Stroke Breast Stroke
- Week Five Main Stroke Front Crawl

### **LANE PLAN**

#### **Lane 6**

Will have achieved (or be near to achieving) Stage 5 of the NPTS and working towards Stage 6

Main Objectives:

- Demonstrate an understanding of preparation for exercise
- Sink, push off on side form the wall, glide, kick and rotate into backstroke
- Sink, push off on\side form the wall, glide, kick and rotate into front crawl
- Swim 10 m with clothes on
- Swim front crawl to include at least six rhythmical breaths
- Swim breaststroke to include at least six rhythmical breaths
- Swim butterfly to include at least three rhythmical breaths
- Swim 25 m, choice of stroke is optional
- Perform a 'shout & signal' rescue
- Perform a surface dive
- Exit the water without using the steps.

#### **Lane 5**

Will have achieved Stage 5 of the NPTS and working towards Stages 6 & 7

- Swim 25 m backstroke
- Swim 25 m front crawl
- Swim 25 m breaststroke
- Swim 25 m butterfly
- Perform a movement sequence of 1 minute duration, in a group of 3 or more, incorporating a number of the following skills:
  - Sculling – head first, feet first; rotation – forward / backward somersault, log roll; floating – star on the front / on the back, tuck float, create own; eggbeater – moving, lifting one or both arms out of the water link skills with strokes and sculls
- Perform a sitting dive
- Swim 50 m continuously using one stroke
- Swim 100m using 3 different strokes
- Tread water using egg beater action for 30 secs

- Complete obstacle course (using a min of 4 objects) with feet off the bottom throughout.

By the end of Stage 7, participants will have achieved the NPTS FUNDamental Movement Skills.

Lanes 1 to 3 work towards the Competitive Swimming Stages 8 – 10

### **Lanes 3 & 4**

Should be all at National Plan Stage 6 and working towards Stages 7 & 8

By the end of stage 8 participants will be able to:

- Complete a set lasting 400m on a specific turn around time set by the coach.
- Swim 400m continuously using one stroke
- Kick 25m Backstroke with / without using a board
- Kick 25m Breaststroke with / without using a board
- Kick 25m Butterfly with / without using a board
- Kick 25m Front crawl with / without using a board
- Perform a backstroke turn from 10m in to 15m out
- Perform a breaststroke turn from 10m in to 15m out
- Perform a butterfly turn from 10m in to 15m out
- Perform a front crawl turn from 10m in to 15m out.

### **Lanes 1 & 2**

Should be all at National Training Plan Stage 8 and working towards Stages 9 & 10 and moving up into the Competitive Squad. Swimmers in these lanes will be expected to attend at least 2 days per week and swim in galas when needed.

By the end of stage 9 participants will be able to:

- Complete a set lasting 800m on a specific turn around time set by the coach
- Swim 800m continuously choosing one stroke
- Swim continuous 100m IM using legal turns
- Perform a 15m underwater kick on front in a streamlined position
- Perform a backstroke start then butterfly kick in a streamlined position underwater until 10m from the start point, transfer into stroke and complete the remainder of the 25m
- Perform a front crawl start, underwater kick in a streamlined position until a minimum of 10m from the start point is completed, transfer into stroke and complete the remainder of the 25m
- Perform a butterfly start, kick in a streamlined position until a minimum of 10m from the start point is completed, transfer into stroke and complete the remainder of the 25m
- Perform a breaststroke start, perform a 1 ½ pull under water, transfer into stroke and complete the remainder of the 25m

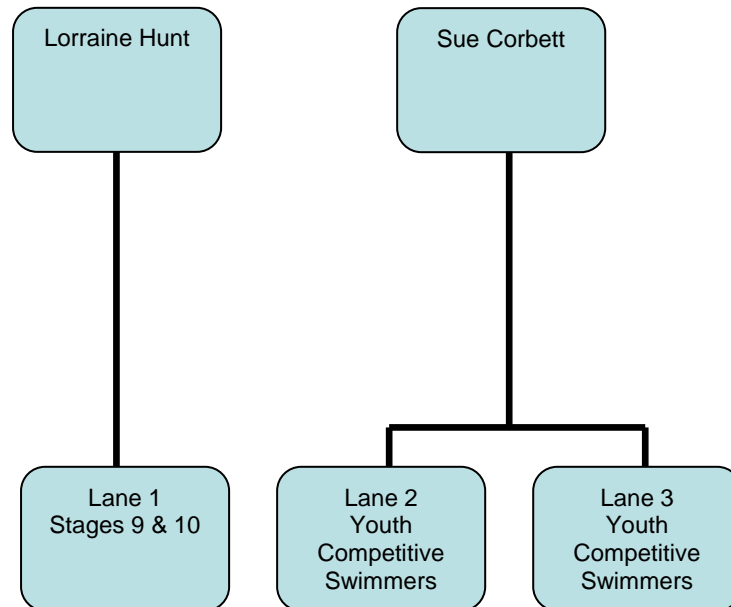
By the end of stage 10 participants will be able to:

- Complete a set lasting 1600m on a specific timed turn around set by the coach.
- Swim 1500m continuously choosing one stroke
- Perform a continuous 100m IM kick without using a kick board
- Swim a continuous 200m IM using legal turns
- Perform a 15m underwater butterfly kick on back or front in a streamlined position
- Perform a front crawl relay take over – as an incoming swimmer

# BANBURY SWIMMING CLUB STRUCTURE

## SWIMMING

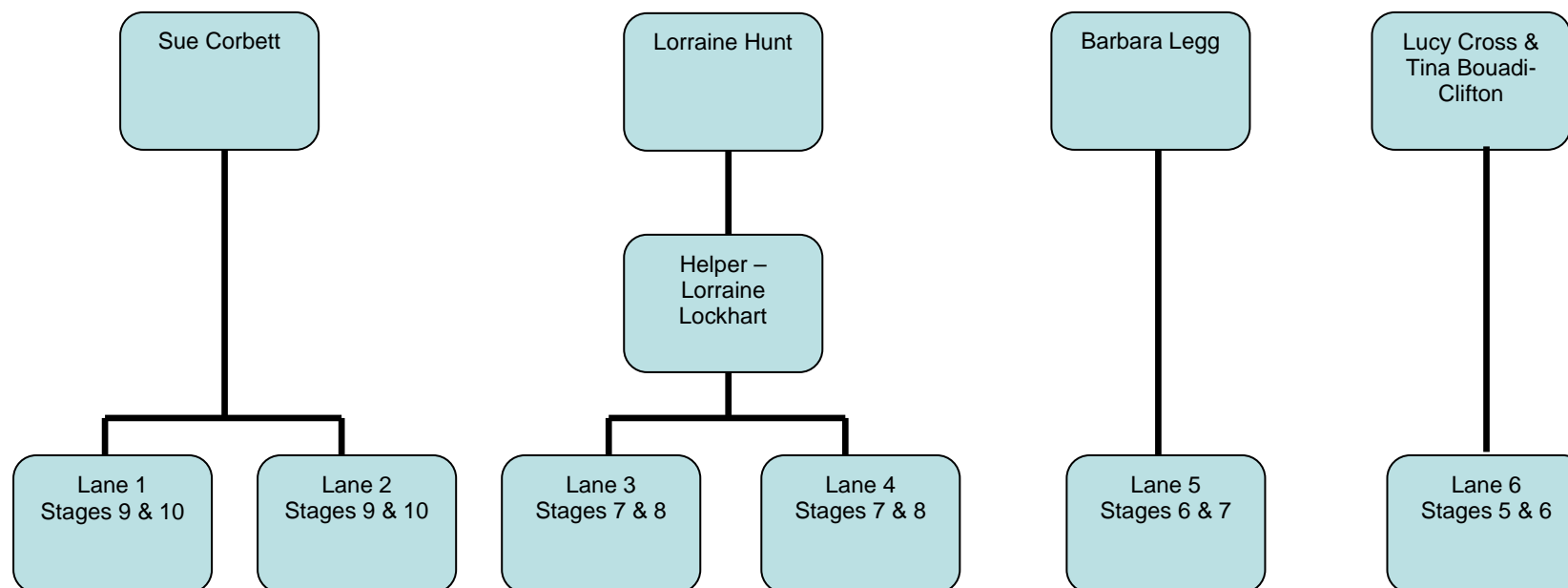
SESSION DAY: Wednesday 7pm (not school holidays)



# BANBURY SWIMMING CLUB STRUCTURE

## SWIMMING

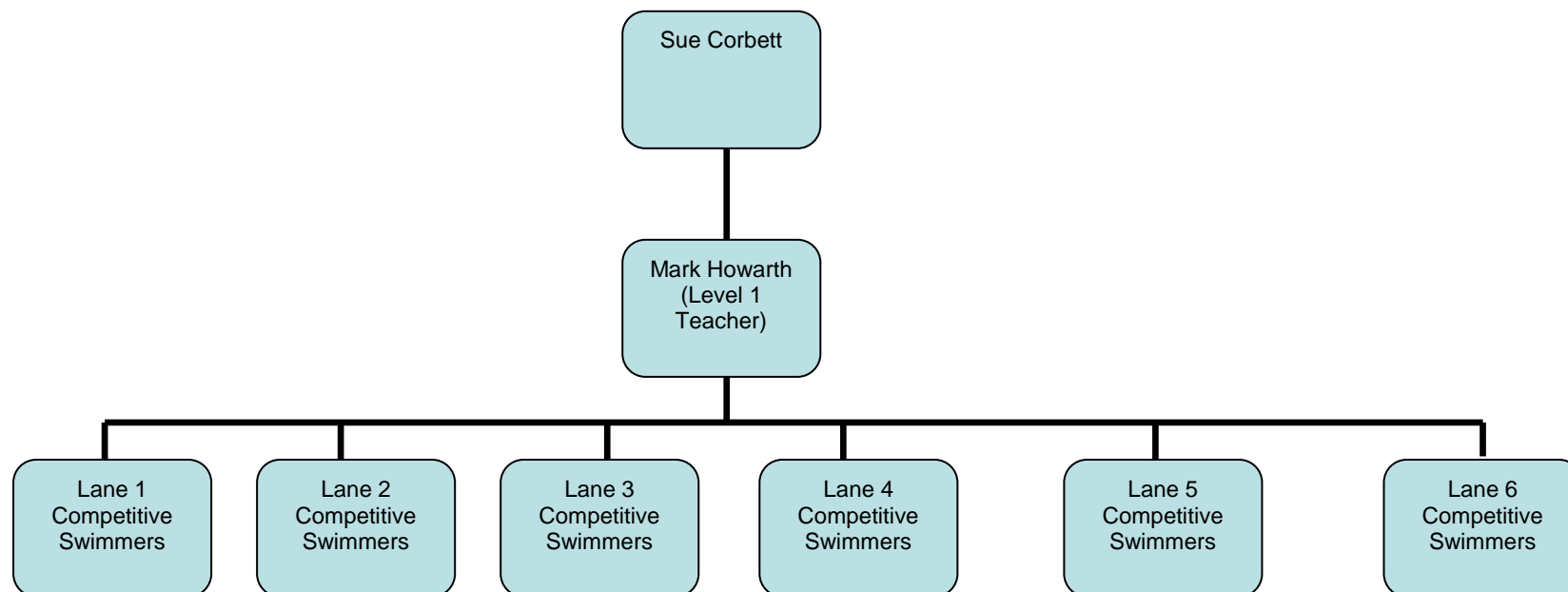
SESSION DAY: Thursday 6.30pm



# BANBURY SWIMMING CLUB STRUCTURE

## SWIMMING

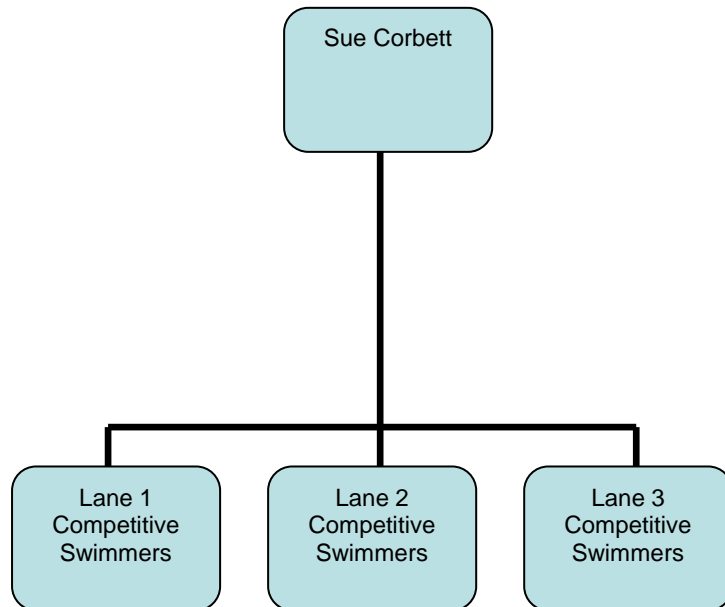
SESSION DAY: Thursday 7.30pm



# BANBURY SWIMMING CLUB STRUCTURE

## SWIMMING

SESSION DAY: Saturday 8am





# BANBURY SWIMMING CLUB STRUCTURE

## SWIMMING

SESSION DAY: Sunday 8am

