

## A Guide to the Revised Amateur Swimming Association National Plan for Teaching Swimming through the Aqua Swim School

Below is a brief guide to the updates to the assessment awards achievable through the Aqua Swim School programmes, which have been revised and in line with the amateur Swimming Association will be available from January 2009.

The ASA National Plan for Teaching Swimming (NPTS) was first launched in 1997 and as part of ongoing improvement and ensuring all that the ASA products are in line with current thinking, a review has taken place resulting in a revised product (Launched in 2007). The revised National Plan for Teaching Swimming (NPTS) takes the non-swimmer on a journey, from the first splash to developing confidence and competence in the water and links swimmers into grass root aquatic sports.

Changes to the revised NPTS have focused particularly on

- Synergy and streamlining the programmes which embrace FUNdamentals of movement in the learn to swim environment
- A revision of the outcomes that are required to achieve each Stage to ensure that the expectations of Long Term Athlete Development (LTAD) are reflected
- Acquiring skills that are essential to enable confidence and competence in the water
- Improving the consistency in assessment of outcomes at each Stage of an athlete's development

The Swimmer's 'journey through aquatics' starts with FOUNDATION, a Programme for developing early years water confidence, which is encouraged through sessions such as 'adult and child' and 'pre-school' as run in the Aquatots section of the Aqua Swim School. The emphasis is upon development of very basic motor skills and introduction to water and the swimming environment through fun and games. The 'ASA Duckling' Awards provide rewards appropriate for this section.

The next stage along the 'journey' takes a Swimmer through FUNDAMENTAL MOVEMENT SKILLS, STAGE 1 - 7 of the NPTS. This is where the Aquakidz section of the Aqua Swim School comes in.

### A brief overview of Stages 1 - 7:



#### Stage 1: (Tadpoles Class of Aquakidz)

Developing basic safety awareness, the 'class' scenario, basic movement skills and water confidence skills. Swimmers may use aids, e.g. arm bands, floats, etc.

#### Stage 2 (Tadpoles Class of Aquakidz)

Developing safe entries to the water, including jumping in, basic floating, travel front and back up to a distance of 5 metres, plus rotation to regain upright positions. Swimmers may use aids, e.g. arm bands, floats, etc.

#### Stage 3 (Angelfishes Class of Aquakidz)

Developing safe entries including submersion, travel up to 10 metres on the front and back, progress rotation skills and water safety knowledge. At this stage, the Swimmer will be assessed without the use of aids or support.

#### Stage 4 (Angelfishes Class of Aquakidz)

Developing the understanding of buoyancy through a range of skills, refining kicking technique for all strokes, and swimming 10 metres to a given standard as directed by the ASA.

#### Stage 5 (Dolphins Class of Aquakidz)

Developing 'watermanship' through sculling and treading water skills and complete rotation, also performing all strokes for a distance of 10 metres to the given standard as provided by the ASA within the NPTS resources.

#### Stage 6 (Dolphins Class of Aquakidz)

Developing effective swimming skills including coordinated breathing across all strokes plus swimming a distance of 25 metres using a stroke of the Swimmers choice; developing the water safety aspects and understanding of preparation for exercise.

#### Stage 7 (Sharks Class of Aquakidz)

Developing quality stroke technique up to 100 metres, incorporating skills learnt and combining them to develop a linked routine and complete successfully an obstacle course that combines a variety of skills accomplished throughout stages 1 - 7.

#### Stages 8 - 10

Once the Swimmer has developed the core range of skills required to be confident, competent and safe in the water through stages 1 - 7, the Swimmer may then have the choice to take part in different aquatic disciplines.

FUNDAMENTAL SPORT SKILLS, STAGES 8 - 10 of the NPTS are available in Competitive Swimming, Diving, Synchronised Swimming, Water Polo and Rookie Lifesaving. The Aqua Swim School links into ALL of the local specific aquatic discipline based clubs for children to progress into:

So after completing Level 7, children can progress and achieve Levels 8 to 10 in the following clubs:

Rookie Lifesaving	With the Aqua Swim School <a href="http://www.aquaswimschool.co.uk">www.aquaswimschool.co.uk</a>
Competitive Swimming	Christchurch and New Milton Seagulls <a href="http://www.seagullssc.org.uk">www.seagullssc.org.uk</a>
Water Polo	Christchurch and New Milton Seagulls <a href="http://www.seagullssc.org.uk">www.seagullssc.org.uk</a>
Synchronised Swimming	Flamingos Wessex <a href="http://www.flamingoes.org.uk">www.flamingoes.org.uk</a>
Diving	Southampton Diving Academy <a href="http://www.southamptondiving.co.uk">www.southamptondiving.co.uk</a>
Open Water Swimming	East Dorset Open Water Club <a href="http://www.edowsc.org">www.edowsc.org</a>