

Very Young Children: Pre, Standard 1 & 2: use cards/tags 1-17

Standard 3 & 4: use cards/tags 18-30

Pre—St. 1—St. 2

1. **Sit** swimmers on side of the pool.



2. **Safe slide in - stand.**



3. **Game:** *Ring-a-Rosie; Jack in a Box*

4. **Goggles on:** Blowing — gentle — slow — in hands
— straws
— walking blowing; eyes to water

Work towards: eyes under, also blowing;
walk with boards — blowing on surface



5. **Noodles** — hold — eyes to water — blowing
— blowing; help float legs on surface
— slowly—floats; blow down the tunnel
— float legs, blowing; start slight kick



6. **Game** — Noodles: *under the rainbow*

7. **Noodle** — try **float on back**, ears in water, legs lying on top—relaxed, still.
Once relaxed float on back achieved, start gentle, small kick—
teach to stand, feet firm on the floor of the pool (ground).

8. **Noodle—Horses** — jumping across pool — balance
— pushing up; 2 feet on the bottom

9. **Time without Aids** — under the rainbow (again)
- encourage eyes down; maybe picking up things from the bottom:
even looking and blowing is good



Very Young Children: Pre, Standard 1 & 2: use cards/tags 1-17
Standard 3 & 4: use cards/tags 18-30

St. 3 — St. 4

1. **Sit swimmers** —————→ **safe slide in.**

2. **Game** — Jack in a Box — going under, eyes, blowing nose and mouth

18

3. **Floating** — Card 18, on back:
 — Card 21, on front:

Front floats: hands by sides; long bodies; blowing

4. **Noodles** — blowing; ear & cheek on the water
 to breathe; kicking .. toes bubbling the water
 — blowing, breathing to the side; floating legs, then kicking
 — lean over noodle .. noodle under arm pits;
 face in .. blowing, kick, paddle hands
 Breathe when a breath is needed



NWA Swimming
Backstroke
1. Float on Back

Let's start at the very beginning,
 A very good place to start ...

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5. **Game** — *picking up things from the bottom*; blowing.

6. **Torpedo** — blowing slowly; small, fast kicks on the top of the water.

7. **Torpedo** — introduce paddle hands.

8. **Breathing Drills:** - float on outstretched arm
 - eyes down, bubble slowly—breathe to side;
 lay ear on arm to breathe, then roll forward and bubble again.
 Floating first, then introduce kick.

Support swimmer
 on side

9. **Back Float** — **Noodle** — ears in the water; stretch long
Noodle — ears in the water; try small, fast kick

Hands hold board,
 half way; long straight
 arms; thumbs on top.

Board — hold chest up; shoulders back
 — float — feet flat
 — add kick

10. **Game - Whirlpool**

