

National Plan for Teaching Swimming

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Its principles and Implementation



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& Young People



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What is the NPTS?

- Framework for 'Learn to Swim' programmes
- Core skills – national syllabus for 'aquatic achievement'
- Structure for developmental progression
- Multi-skill and multi-aquatic



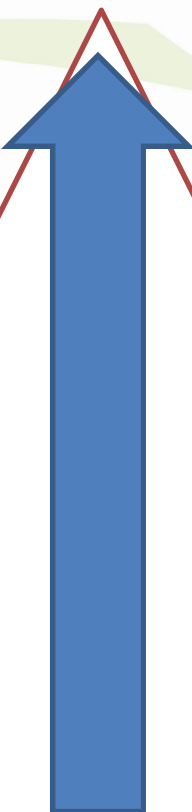
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Key Principles

Ages

M: 18+	F: 16+
M: 15-18	F: 14-16
M: 12-15	F: 11-14
M: 9-12	F: 8-11
M: 6-9	F: 5-8



Swimmer

Training to Win

Training to Compete

Training to Train

Swim Skills

FUNDamentals



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NPTS Review: Key Principles Contd..

- Outcome focused – clear competence levels
- Every outcome to be achieved
- Synergy
- Easily assessed
- Kellogg's ASA Awards/Rewards



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Outcomes for NPTS

- Competence in water
- Enjoyment in water
- Lifelong participation in and around water
- Healthy lifestyle



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How Achieved

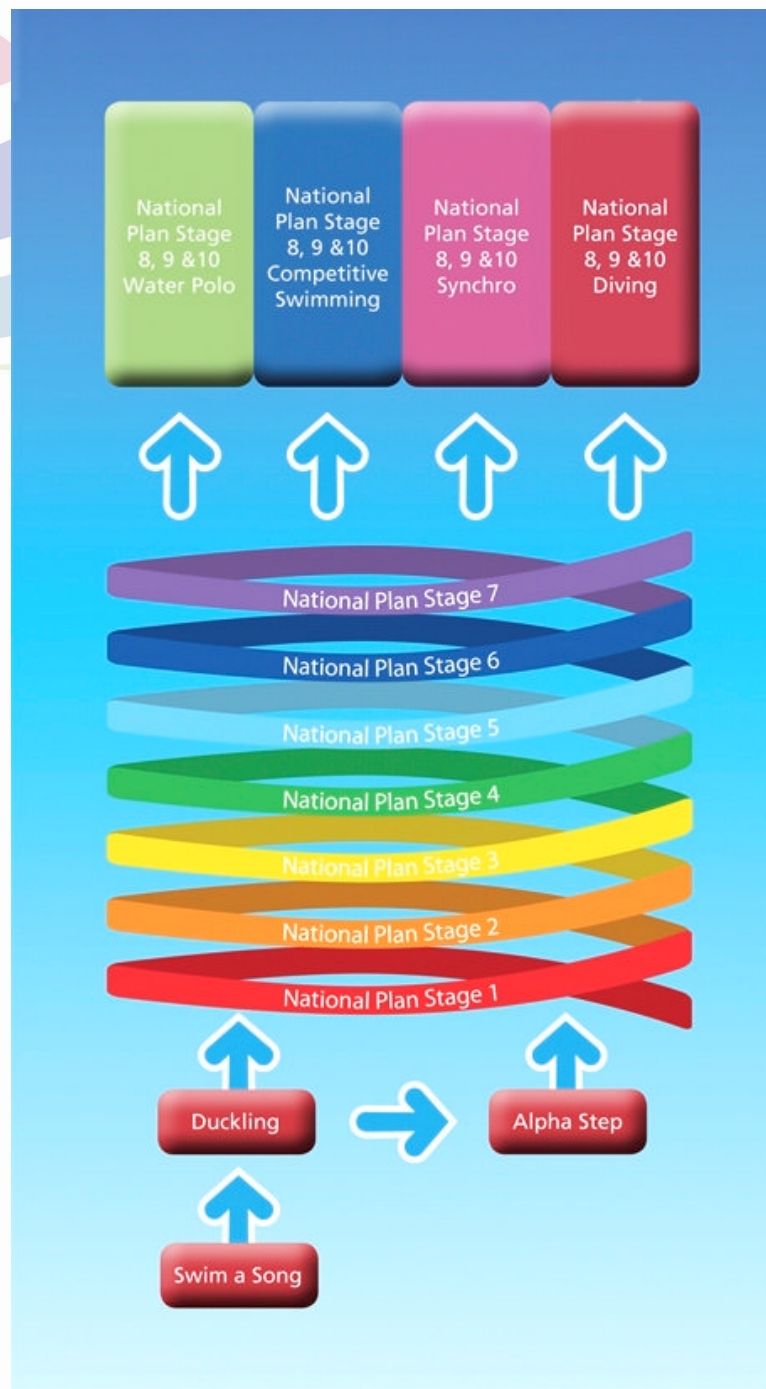
- Use of games
- Through skill acquisition and development
- Understanding, awareness, 'feel' for the water
- Stroke development



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Structure



Stages (6)

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

1. Demonstrate an understanding of preparation for exercise
2. Sink, push off on side from the wall, glide, kick and rotate into Backstroke
3. Sink, push off on side from the wall, glide, kick and rotate into Front crawl
4. Swim 10 meters with clothes on*
5. Swim 10 Front crawl to include at least six rhythmical breaths
6. Swim 10 Breaststroke to include at least six rhythmical breaths
7. Swim 10 Butterfly to include at least three rhythmical breaths
8. Swim 25 meters, choice of stroke is optional.
9. Perform a 'shout & signal' rescue
10. Perform a surface dive**
11. Exit the water without using steps



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Synergy

- National Curriculum
- National Curriculum Training Programme
- Top Ups
- School-age competition programmes
- swim21 accreditation
- Others – Multi-skills cards?



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Quality Control



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Supporting the Teacher

- Needs of the Teacher
- Human Resources – Regional Staff
- Continual Professional Development
- DVD's
- Games Resource
- Toolbox



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Best Practice

- Case Studies
 - Swimming Club
 - Leisure Provider
 - Parents
 - Teachers



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Questions



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