

Ashford Swim School Community Learn to Swim Programme - Pre-School Duckling

This framework focuses on developing water confidence and independent movement in young children from the age of 3 years, without an accompanying adult. Classes are run in a fun, friendly environment providing a foundation for children prior to a move into the after-school or weekend Learn to Swim Programme once they reach school age.

Listed below are the Duckling Stages and criteria we teach to, with additional guidelines of what to expect in each stage.

Duckling 1	
1	Make a supervised safe entry with adult support if required.
2	Float on back with adult support behind the head without floatation equipment.
3	Blow bubbles at the water surface.
4	Wet the head without submersion.
5	Kick 5 metres on back with adult support.
6	Travel without adult support for 2 metres to a floating object.
7	Enter the pool, rotate and return to the side with adult support.
8	Exit the water safely with minimal adult support.
<p>Parent Expectations from the Lesson: First introduction to being in water with no accompanying parent Independence in moving around in the water, with feet on and off the pool floor Initial development of water confidence Interaction with other swimmers and teachers Safe entries and exits</p> <p><u>Badges that might be awarded:</u></p> <ul style="list-style-type: none"> - Duckling 1 - Puffin - I Can Awards 	

Duckling 2

1	Make a sitting entry with adult support if required.
2	Rotate 180 degrees either using a log roll or an upright position, using floatation equipment and without adult support.
3	Submerge the face with confidence and without force under adult supervision.
4	Blow an object for a distance of 2 metres.
5	Travel 3 metres using arms and/or legs without adult support.
6	Move 5 metres along the rail or wall without adult support.
7	Enter the pool, rotate and return to the side with minimal adult support.
8	Exit the water safely with minimal adult support.

Parent Expectations from the Lesson:

Development of confidence taking instructions from teacher with no accompanying parent
 Water confidence and travelling games
 Development of ability to hold on to floatation equipment independently
 Increasing confidence with self-submerging
 Development of independence in water
 Safe entries and exits

Badges that might be awarded:

- Duckling 2
- I Can Awards

Duckling 3

1	Make a supervised jump to an adult with or without support.
2	Float on the front or back without adult support.
3	Push off on the front or back in a streamlined shape from a supporting adult.
4	Blow bubbles with the mouth and nose underwater.
5	Travel 5 metres on the front to the side of the pool without adult support.
6	Kick 5 metres on the front holding a float (the adult may hold the other end of the float).
7	Enter the pool, rotate and return to the side without adult support.
8	Climb out of the water with adult support if required.

Parent Expectations from the Lesson:

Development of front and back paddle
 Introduction of push and glides and rotational activities
 Development of awareness of body position in water
 Development of confidence in larger/deeper pool space
 Development of awareness of safety expectations- holding onto wall, listening and watching for instructions
 Increased independence in water

Badges that might be awarded:

- Duckling 3
- I Can Awards

Duckling 4	
1	Jump into the water unaided but supervised.
2	Perform a mushroom or star float.
3	Rotate 360 degrees either using a log roll or an upright position.
4	Push and glide achieving a streamlined position on the front or back.
5	Submerge completely.
6	Travel 10 metres on the front or back, without adult support.
7	Jump into the water, turn around, swim back to the point of entry and hold on to the side or rail.
8	Climb out of the water with adult support if required.
<p>Parent Expectations from the Lesson: Introduction of Breaststroke and Butterfly activities Development of awareness of buoyancy in water Development of rotational activities Development of confidence in larger/deeper pool space Independence in travelling longer distances</p> <p><u>Badges that might be awarded:</u></p> <ul style="list-style-type: none"> - Duckling 4 - I Can Awards 	