



“Make A Splash” Clinic

Aquatic Skills Information Sheet



Fun Races - The aim of this session is to introduce swimming competition in a fun and supportive way. This activity builds on a Child's water confidence and develops swimming skill practice at various levels of swimming ability.

Land Stretching Activity - This activity assist all children develop stretching and flexibility skills. It is for a beginner level and therefore the commands in this routine are very simple.

Water Safety Skills - This activity promotes water safety. It is carried out both in and out of the water. Children learn reach-and-throw rescues, how to put on lifejackets, as well as other aspects of water safety, with fun games and activities. These activities promote water safety knowledge and practice and also knowledge of water safety.

Activity Skills

- **Balance Station:**
Activity skills with water noodles assist a student's, body balance, core stability, trunk control, mobility and water safety.
- **Breathing/Bubbling Station:**
Skills at this station assist with all areas of breathing in learn to swim: breathing development, breath holding, water consumption and pattern breathing development in the progression of the swimming process.
- **Buoyancy Station:**
Fun activities at this station assist teachers understand a student's body mechanics and buoyancy status. This understanding assists in coordinating a student's mechanical function in teaching a student to swim. Floating and body density make-up are assessed with every student.
- **Submersion Station:**
Skills at this station assist children in the area of submersion/going under water. Skills are simple and at various levels of ability to suit every student, incorporating bubbling and breathing skills with each activity.
- **Mobility Station:**
Activities and skills at this station all incorporate moving through the water. Skill levels from a vertical position (feet on the floor of the pool) to a horizontal position (feet laying/kicking on top of the water). Mobility of all limbs (arms/legs) is in different directions of travel and over time leads to progressive strokes.

Game Skills - All games in this station assist students develop water confidence and water familiarisation, which progress through the “learn to swim” stream of buoyancy, mobility and swimming strokes. The games encourage participation and inclusion; with game variations also offered.

Swimming Skills - Professional swimming teachers will be on hand to assist school teachers/parents with advice, hands-on tips and progression education of students in school learn to swim programs.

Wendy Ross, Inclusion Manager Swimming Queensland

Phone: +61 7 3390 2011 E: admin.qld@swimming.org.au www.qld.swimming.org.au