

New National Plan for Teaching Swimming

Dear Parent/Guardian

We are currently embarking on a change within our swimming lesson programme, which will now be known as the Active Aqua School.

Our swimming lessons are based upon a framework called the National Plan for Teaching Swimming (NPTS) produced by the Amateur Swimming Association (ASA), this plan has been updated and in order to offer teaching in line with the ASA we will be following the new programme from the next course starting on Monday 22nd June.

The new NPTS encourages swimming lesson providers to deliver aquatic instruction in a FUN environment to aid learning and understanding. You may notice an increased emphasis on fun and games within your child's swimming lesson; this is because the use of games and fun activities to deliver learning outcomes is proven to be the most effective way for children to learn and all activities will have a purpose behind them.

Your child's 'journey through Swimming' will be enhanced with the new programme as there will be progressive stepping stones along the way and more opportunities later on to take part in more variety of activities and other water based sports.

The additional sheet outlines the new stages which run from 1 – 10, however it is not planned for us to launch anything above stage 4 until later in 2009.

Your swimming co-ordinator will be in touch regarding any changes to classes for your child(ren) there is no need for you to do anything different in relation to re-enrolment.

If you have any questions about the changes please do not hesitate to contact your swim co-ordinator on 0300 333 0300 or alternatively a Parents Guide specific to the NPTS is available. Ask your Leisure Centre for details, or visit the ASA website, www.britishswimming.org

Yours Sincerely

Lisa Vyner
Active Aqua School



A Brief Overview of Stages 1 – 4

STAGE 1

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

Developing safe entries to the water, including jumping in, basic floating, travel and rotation unaided to regain upright positions. Swimmers may use aids, e.g. arm bands, floats etc.

STAGE 3

Developing safe entries including submersion, travel up to 10 metres on the front and back, progress rotation skills and water safety knowledge.

STAGE 4

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.

Most Asked Questions

How long will it take for my child to pass each Stage?

- This will vary with every child.
- If a child has the experience of pre-school or adult and child sessions then he/she may move faster initially through the NPTS Stages 1 & 2 as they will be familiar with the environment and possibly confident in the water.

Why might Swimmers be playing Games instead of swimming widths/lengths?

- To learn how to swim, pupils need to master skills that will help them float, breathe and move around in the water.
- Through games, swimmers have FUN and learn important skills. If swimmers are having FUN they enjoy what they are doing and often learn faster.
- The NPTS has a multi skills approach so all the skills that are learnt lead to development of a competent and confident swimmer, who is safe and happy in the water.



For more information regarding the content you may wish to purchase the ASA Parents Guide, available from Reception - cost £2.00