

LEARNING TO SWIM: 12 'SUCCESS MILESTONES' BUT WHAT COUNTS AS SUCCESS ?

I have always thought that we can all – parents, teachers and pupils - share ideas of what success LOOKS like and SOUNDS like in a programme of swimming lesson??

They feel safe, supported, happy, relaxed and confident in the water	
They enjoy being in the water and know how it 'feels' *	
It is always FUN and there is laughter and smiling and lots of movement and activity most of the time – in every lesson	
They can put their faces in the water and go under (Submerge whole body)	
They can expel water from the mouth and can breathe 'aquatically'**	
They discover they can move about easily upright and horizontal, on their 'front' and 'back'...they can regain a stable standing position whenever they need to...they feel more and more <i>at home</i> in the water,	
They can minimise the amount of splash and the waves they make as they move	
They can float and kick their legs to stabilise their horizontal body position (and for many, experience some propulsion)	
They can move their arms purposefully and 'propulsively' - in ways that help them travel /move/swim, easily and confidently, changing direction.	
They can 'log' roll over from front to back and back to front..	
They do not get too tired too quickly so can 'do' more and travel further	
They learn new aquatic and stroke skills ...they improve and progress at a steady rate – it takes less time...they enjoy being 'challenged' and grow in self – confidence and competence.	

*Sensory Integration: 5 senses + Balance + Proprioception

**Rhythmic, controlled, timed; 'Explosive' 'Trickle'