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## Aquatics

The emphasis in the aquatics strand unit is not solely on stroke development but on all aspects relating to activity with water in particular water safety and water-based games.

Many playground games (e.g. Over and Under, Pass and Duck, Tag, Simon Says) can be easily adapted to a pool setting and children derive much pleasure from playing them in water. Ensure that all children have an opportunity to play structured games during their time in the water as opposed to supervised free play. Older children may have an opportunity to practice simple rescue techniques learned in the classroom, such as Reach and Throw rescues. It is of paramount importance that queuing during a swimming lesson is kept to an absolute minimum. As children cool down very quickly they should be kept as active as possible after getting wet.

## Tips for Aquatics

- Talk to the management in the local pool regarding the balance between stroke development and games in the curriculum.
- Use as much of the pool as possible by taking a group of mixed ages and ability rather than just one class group where possible. This can be particularly effective for small schools, allowing the whole school to go to the pool at the same time.

Provide some simple toys for the non-swimmers to use such as toy watering cans, sieves, sponges and a selection of floating and sinking objects including a range of different sized balls. This sort of play integrates very well with the Floating and Sinking element of the science curriculum and allows beginners to grow in confidence while in the water.

