

# **Swim England** CORE AQUATIC SKILLS

## ENTRY



Safe entry into water, use of steps, side, jumps and eventually dives.

## EXITS



Safe exits from water, use of steps and side.

## BUOYANCY & BALANCE



Developing an understanding of buoyancy and balance and what affects it, and how to become buoyant in the water.

## ROTATION & ORIENTATION



Developing skills such as: how to turn around, lie back, lie forward, regain an upright position, and how to twist from the back to the front.

## STREAMLINING



Understanding of streamlining, how to be streamlined and why it is important.

## AQUATIC BREATHING



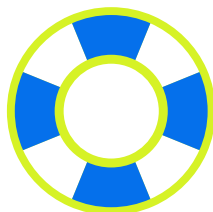
Developing confidence in the water and a feeling of being at ease with water around the face; learning how to breathe correctly (blowing bubbles with face in the water).

## TRAVEL & COORDINATION



Developing movement forwards, backwards, sideways, how to travel effectively, exploring different ways of travelling in water.

## WATER SAFETY



Development of a basic understanding of how to keep safe around water.

## HEALTH & FITNESS



Developing an understanding of why activity is good for you.