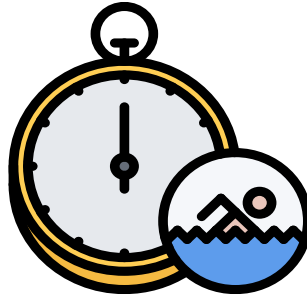


The Basic Principles of Swim Teaching

- John B. Rahul



*** - The sections indicated with this are very crucial to always remember and are to be applied efficiently.

Your main Aim:

- To want to let your students come back every lesson enthusiastic to keep swimming and learn more.
- Enjoy teaching with a lot of self-satisfaction, just by being a part of their successful journey/goals.

Teaching philosophy:

- Self-awareness - be sensitive to children and be consistent with your personal mood.
- Role model - indirectly shape the children through your influence.
- Prioritization and delineation of coaching objectives (ensure class is enjoyable but mainly to improve their skills)

Water safety:

- Good supervision (Prevention is better than cure)
- Ground rules barrier (Good ground rules in class builds a safe barrier)
- Your personal awareness and basic rescue ability.

*** **8 points to always follow while teaching:**

- Safety (Don't take it for granted)
- Coaching skills (need to be knowledgeable in swimming, communication with children, games drills etc)
- Organising (Plan lesson plan and know what tools required, environment, weather)
- Building Rapport (Be understanding with children and be patient, maintain trust with them)
- Instruction and Explanation
- Demonstration
- Observation & Analysis (from knowing nothing to do something to doing it correctly, progression, feedback loop)
- Feedback

***** Basic Principles of swimming (in order):**

- Water confidence
- Breath control
- Buoyancy
- Streamlining
- Balance
- Propulsion (Body position, legs, arms, breathing, coordination)

***** Order of instruction for propulsion (When teaching a stroke):**

- Body position
- Legs
- Arms
- Breathing
- Coordination

Overview (While Introducing a particular skill):

- Introduction of skill
- Reinforce with **“Maximum and Efficient Practice time”** ***
- Progressive - (part whole part : break down lesson such that the children understand at their level, not too much that they get bored nor too little, then build up on that knowledge part by part to make wholes)

***** Teaching steps:**

- Demonstration
- Dry-land practice
- Static with support
- Static without support
- Mobile with support
- Mobile without support

Common swimming equipment used:

- Goggles & caps
- Buoyancy aids (buoyancy belt, arm floats etc.)
- Propulsion aids (kickboards, pull-buoy, hand paddles etc.)
- Submersible toys
- Floating toys

Your Assessment:

- Your knowledge and competency in the various strokes.
- Lesson planning – To know how to run a class and deliver a whole program.
- Management and teaching skills (effective communication and time management)
- Attitude with teaching (positive mindset and personal development regarding patience and innovation)