# Developing Swimming Skills

## Generic Practices

### Push and glide

Pupils line up at the side on the pool (in the water).

On your instruction the push themselves forward and glide along the water for a long as they can.

The glide position is similar to that of a log roll, where the legs are straight with the toes pointed, and the arms extend above the head.

Pupils then repeat the activity to see if they can increase the distance covered (if working in pairs their partner can place a cone where they reach during their first attempt and the challenge is then to try to beat that distance).

The activity can then be repeated with pupils pushing and gliding on their backs.

Pupils should understanding the importance of a push and glide, to ensure that they maintain a streamline body position when performing the different strokes. Such a position reduces drag and therefore makes the overall stroke more efficient.

### Using floatation aids

Floatation aids can be used to support buoyancy, the development of leg action or the development of arm action.

If looking to develop buoyancy pupils can wear buoyancy belts around their waists, or alternatively armbands can be used.

If using floats to support the development of leg action or breathing, they should be held out in front of the head, with hands either side. This allows the float to be held away from the body. When looking at developing backcrawl, the float should be held on the chest with hands / arms “hugging the float like a teddy”.

Floats can be used to support the push and glide activity detailed above.

When looking to develop arm action, floats can be placed between pupil’s legs, thereby isolating their movement.