

# SWIMMING

GWA ELEMENTARY SCHOOL

## Swimming in the GWA Curriculum

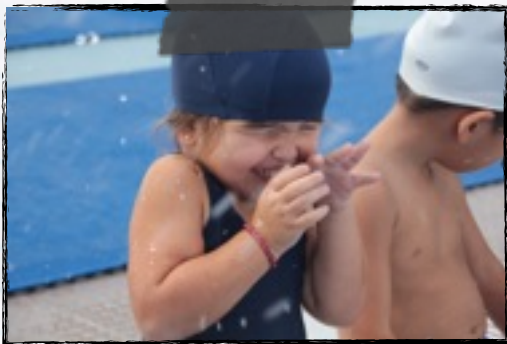
At GWA we have some of the best school swimming facilities in the UAE. Along with the impressive 50m Olympic pool, we have a 15m shallow training pool. Both pools are maintained at a constant temperature of 30°C and 31°C in the cooler months.

### GWA SWIMMING PROGRAM

The swimming program is made up of seven levels and is not age specific but ability related. All pupils progress through the levels during their time at GWA working on the various skills and techniques at their own pace.

Although the swimmer's level is continually monitored to ensure correct grouping, formal assessment happens throughout the year.

All Elementary classes are instructed by Mr. Hamilton, Mr. Rey and Mr. Rocky. For Grade 1 to Grade 5, two classes at a time are taught with five teachers: Mrs. Spencer and Mr. Winders join grades 1, 4 and 5. Ms. Morton-Shepherd and Mr. Oly join grades 2 and 3.



1. **STARFISH:** In the first stage of the program swimmers improve confidence with submerging, blowing bubbles and traveling in the training pool.

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2. **SEAHORSE:** After Starfish, they aim to float unaided on their front and back and discover their natural buoyancy. Floating and submerging are essential building blocks for swimming.



3. **SEAL:** During the seal stage the swimmers will learn pushing and gliding, flutter kicks, arm action for crawl and pop up breathing. Swimming in deep water is also introduced.



4. **BARRACUDA:** The Barracuda level comes after the Seal level and is a very technical stage. Barracudas learn lateral breathing and smooth strokes for front crawl, efficient backstroke and breaststroke leg kicks.



7. **SHARK** The final stage is ongoing with swimmers improving the rhythm and strength of the strokes.



6. **DOLPHIN:** After Swordfish, the swimmers continue to develop all strokes with streamlining, reach and roll. Skills such as turns and dives are also practiced.



5. **SWORDFISH:** We try to ensure many swimmers reach the Swordfish level by Grade 5. Here the swimmer works on timing of front crawl, backstroke and breaststroke as well as basic butterfly.

## SWIMMING ESSENTIALS



1 All swimmers must wear plain blue swimming costume/ trunks.

2 All swimmers must bring their own swimming cap.

3 Goggles are optional but should be of a good fit if brought.

4 Swimming kit and PE kit must be labelled.

5 If swimmers forget their swimming kit or hat then they will use spare kit.

6 If a pupil is unable to swim for any reason they must bring a doctor's note. An exception will be if a child is just returning from an illness in which case a parent's note is acceptable.

### PreK & KG1

There will be no swimming for PreK and Kg1 classes during January & February (Dates TBC). During their swim period they will be having an extra PE lesson so they need to come dressed in their PE uniform.

# Let's get the kids swimming!



## SWIM FOR YOUR LIFE.

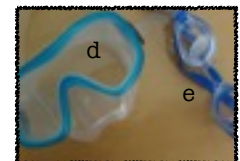
At GWA we have a committed and passionate group of swimming instructors keen to get every single elementary pupil to a good technical level of swimming so they can continue enjoying all the benefits of swimming well after leaving school. Swimming is a life skill with numerous health benefits and all the obvious safety benefits.

In GWA we have a few expectations before lessons even take place and

these are vital in ensuring pupils take ownership and responsibility which is part of the learning process. The communication triangle of pupil-teacher-parent is therefore extremely important for the swimmer to succeed.

### SWIMMING ESSENTIALS EXPLAINED:

1. All KG2 to G5 swimmers should purchase navy blue costumes for class. The GWAPA shop, ZAKS and most sports shops supply these. Swimming uniform is not essential for PreK and KG1 as comfort, familiarity and confidence are the most important factors.
2. Swimming caps are needed for hygiene purposes and it is important to understand the difference between those available. Latex plastic caps (c) are not recommended as they tend to be tight, silicone caps (a) provide a good fit and are essential for swimmers with long hair, cloth caps (b) are easy to put on and good for younger swimmers.
3. Goggles can be an issue if they are not well fitting and often affect a swimmers overall experience. Masks and adjustable nose bridge goggles are not recommended (d&e) but moulded goggles (f&g) are. To test, push the goggles on the face without the strap and if they stay then you have a good pair. Goggles should be changed regularly as the rubber seal wears out.
4. As we have limited time for changing it would extremely helpful if all kit was labelled. Another time saver are velcro shoe straps for the younger age groups. This will ensure that changing time is kept to a minimum. Children should also be encouraged to change themselves at home to promote responsibility, achievement and coordination.



6. If a pupil is unable to swim for any reason then parents must provide a doctor's note. An exception will be if they have not been at school the previous days leading up to the lesson then we understand that their immune system may still be low. In this case a parent's note is acceptable. It should be noted that the common cold is a virus and cannot be caught from a chill or wet hair. Interestingly enough, a low immune system can be susceptible to the virus and swimming in its very nature builds a strong immune system.

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