

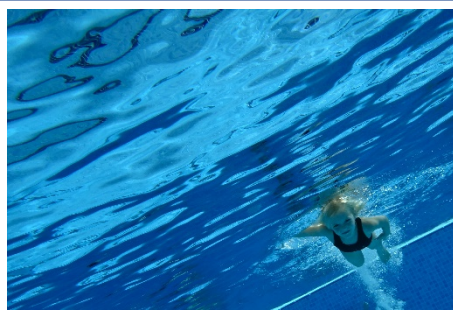


Introduction

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

All Elementary lessons are led by Miss Lucas, Mr Rey and Mr Rocky. Their biographies can be found on the Swimming Weebly. All students will have one swimming lesson in the timetable every 2 weeks. For PreK to KG2, the lesson lasts up to 30 minutes. For Grade 1 to Grade 5, students will spend up to 45 minutes in the water.

Water safety and enjoyment are at the heart of our unique swimming curriculum at GWA. Our instructors are committed to get every student to a good technical level, so that they can continue enjoying all the benefits of swimming beyond life at school. In order to ensure that this is possible at GWA, we have a few expectations before lessons even take place. These are also vital in ensuring that pupils take ownership and responsibility of their learning – see ‘Expectations’. More detail is also provided in the ‘Curriculum’ section of the Weebly.



Squad Swimming

Students are encouraged to trial for the GWA Swimming squad if they have an interest in the sport and would like to represent the school at competitions. There is a Development Squad for swimmers who may not have competed before, but want to improve their strokes and skills. Trials will be taking place during the first two weeks of term. Please see the Weebly for the trial dates for your grade.

Furthermore, every student at GWA will be given the opportunity to compete in the inter-house swimming competition later in the year.

Expectations

1. Costumes/trunks

From KG2, all swimmers must purchase navy blue costumes for class.

2. Swimming Hats

All swimmers must wear a swimming hat for hygiene purposes. Cloth caps are soft and recommended for younger swimmers.

3. Goggles

Goggles are not essential, but if worn, must be appropriate and secure.

4. Towel/PE Kit

Swimmers must bring a towel to lessons. Please ensure all Swimming and PE kit is correctly labelled with names. Students should practice getting changed at home to promote responsibility and improve coordination.

5. Absence

Swimming lessons are an essential part of the Curriculum. Students are only excused if a Doctor's note is provided to the Class Teacher.

6. Excellence

Watch out for ‘Swimmers of the Month’ on the Weebly. These students have been identified exceeded all of the expectations set.

7. Safety

Safety is critical during swimming lessons. A video on Water Safety can be found on the Weebly – check it out!

The Elementary Curriculum

At GWA, we follow a unique skill-based curriculum for Elementary Swimming lessons. It consists of 9 stages and from KG1 is not age-specific, but ability related. This curriculum builds on the one delivered in previous years: new stages have been introduced to enable greater tracking of progression and to promote further excellence in the higher stages. From Stage 3, students will have their swimming lessons in the main 50m pool. Students will be continually monitored throughout the year and parents will be notified of any results from formal assessments. Each stage has different expected outcome for front crawl, backstroke, breaststroke, butterfly, breathing, streamlining, coordination, rotation, entry/exit and water safety. Please visit the 'Curriculum' pages on the Weebly for more detailed criteria and information.



PreK Stage – Baby Seals

In the PreK stage of the program, the emphasis is on ease and safety in the water. Key skills are learnt through games and exploration in the water.

Stage 1 – Sea Horses

In stage 1, students learn how to submerge their face to blow bubbles. The different kicking actions are introduced in the water and on poolside.

Stage 2 – Starfish

During the Starfish stage, students will be able to jump into the water and perform a star float unaided. Progress is clear on kicking and breathing.

Stage 3 – Clown Fish

The arm actions are demonstrated during this stage. Students know the Water Safety Code and can submerge to pick up objects from the floor.

Stage 4 – Barracudas

In stage 4 15m front crawl with side breathing and straight arm backstroke are performed. Students can form different shapes and tread water.

Stage 5 – Salmon

During the Salmon stage, the key progressions are breaststroke timing and butterfly arms. Students also learn how to perform a safe sitting dive.

Stage 6 – Swordfish

In stage 6, students learn how to scull and enter by a kneeling dive. 25m front crawl, backstroke and breaststroke with correct timing are expected.

Stage 7 – Dolphins

Students can swim 50m on all 4 strokes in the Dolphin stage. They can also perform a standing dive, towing rescue and turns for all 4 strokes.

Stage 8 – Sharks

In the final stage students can swim 100m on every stroke with excellent technique. They can execute the Rookie Action Plan during a rescue.

Contact For Further information please visit the Swimming Weebly or contact Lottie Lucas
Email: l.lucas_gwa@gemsedu.com