

# ACPS Swimming Program Update

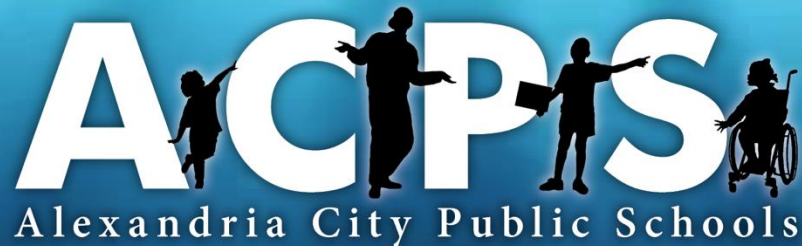


## School Board Meeting

Michael Humphreys, Health/Physical Education and FLE Instructional Specialist

Carolyn Griglione, Alexandria Advocates for Aquatics

June 21, 2018



*Every Student Succeeds*



# Essential Questions

- How is ACPS instructing students on water safety and skill acquisition?
- What benefits are students receiving from the SPLASH Program?
- What mechanisms can be sought to gather objective evidence of program success?







### Swim Instruction - Day One

#### Welcome –

- Lobby entrance – Point out bleachers through the window
- Change in locker room – put all belonging in bag – bring out to deck
- No goggles - basic group

#### Introduction of Instructor

Swim cap – demonstrate how to put on and wear – help students put on their swim caps

#### Safety Rule #1

# Goals

Running in pool area – explain the consequences – will sit in the sign group at the start of each lesson.

#### Divide into groups

- Orange – basic
- Green – intermediate

Green group will meet with their instructor in their locker room

#### On pool deck at bleachers – dry land

##### Basic Group /Intermediate

**Terminology – Streamline, head back, chin up, chin down, back against the wall, face the wall, stand, hand on the wall, squat, straight legs, pointed toes, face in the water, blow bubbles, ear in the water, float, front, back, turn, push off, kick, big arms, elbows up, finger tips down.**

##### Streamline arms

- Hands flat on top of each other
- Arms straight and tight on ears
- Reach for the ceiling
- Hula hoop over arms – just one student

##### Face in water holding side of pool (instructor) demo – pretend on deck – students practice

- Feet on bottom
- Straight arms - right arm back – left arm front – ear in the water
- Face in – blow bubbles ( blow )
- Face out – take a breath ( breath )

##### Squat to touch the floor – demo

##### Back float demo on pool deck floor – one student – explain - water will support you

- Head back, chin up, fall back - hips up - arms out - feet up - relax

#### 1. Warm-up – Ramp/side entry into the pool

- Line up along ramp wall in the pool area (not in ramp area)
- Drop down so shoulders are in the water – move arms around in the water

#### 2. Blowing bubbles

- Face the wall, hold the edge, feet on the bottom, straight arms, face in 'blow', face out 'breath'
- Practice five times or more as needed - assist

#### 3. Squat to touch the bottom – some may need to hold the side – blow when face is in water - practice

#### 4. Intro Back float – use one child to demonstrate – also use kickboard to show floating

- Say – head back - chin up – fall back - hips up - feet up - arms out - relax
- Have students try multiple times
- Work with each student – float for count of 5
- Always say – head back - chin up – fall back - hips up - feet up - arms out - relax
- To stand – say chin down - feet down

#### Practice

##### Review –

- Face in water at wall – breath - blow
- Squat
- Back float

# Equipment





# Accommodations





# Activity



# Learning





# Practice





# Instructors







# Endurance





# Terminology







# Improvement



# Perseverance



# Challenge









# Confidence





# Success!



# Questions and Discussion

