



## **CROYDON AMPHIBIANS SWIMMING CLUB SWIM SCHOOL**

### **The National Teaching Plan and CASC**

#### **What is the National Teaching Plan?**

The 2007 National Plan for Teaching Swimming (NPTS) takes the non-swimmer on a journey, from the first splash to developing confidence and competence in the water.

The Swimmer's 'journey through aquatics' starts with FOUNDATION, a Programme for developing early years water confidence, which is encouraged by 'pre-school' sessions. The emphasis is upon development of very basic motor skills and introduction to water and the swimming environment through fun and games. The 'ASA Duckling' Awards' provide rewards appropriate for this section.

#### **The 10 Stages of the Plan**

The next stage along the 'journey' takes a Swimmer through FUNDAMENTAL MOVEMENT SKILLS, STAGE 1 - 7 of the NPTS.

##### **Stage 1**

Developing basic safety awareness, the 'class' scenario, basic movement skills and water confidence skills.

##### **Stage 2**

Developing safe entries to the water, including jumping in, basic floating, travel front and back up to a distance of 5 metres, plus rotation to regain upright positions.

##### **Stage 3**

Developing safe entries including submersion, travel up to 10 metres on the front and back, progress rotation skills and water safety knowledge.

##### **Stage 4**

Developing the understanding of buoyancy through a range of skills, refining kicking technique for all strokes, and swimming 10 metres to a given standard as directed by the asa.

### Stage 5

Developing 'watermanship' through sculling and treading water skills and complete rotation, also performing all strokes for a distance of 10 metres to the given standard as provided by the asa within the NPTS resources.

### Stage 6

Developing effective swimming skills including coordinated breathing across all strokes plus swimming a distance of 25 metres using a stroke of the Swimmers choice; developing the water safety aspects and understanding of preparation for exercise.

### Stage 7

Developing quality stroke technique up to 100 metres, incorporating skills learnt and combining them to develop a linked routine and complete successfully an obstacle course that combines a variety of skills accomplished throughout stages 1 - 7.

Once the Swimmer has developed the core range of skills required to be confident, competent and safe in the water through stages 1 - 7, the Swimmer may then have the choice to take part in different aquatic disciplines.

FUNDAMENTAL SPORT SKILLS, STAGES 8 - 10 of the NPTS are available in Competitive Swimming, Diving, Synchronised Swimming, Water Polo and Rookie Lifesaving. At CASC we offer a route to the competitive swimming environment. And water polo. Stages 8, 9 and 10 of the NPTS are discipline specific .

### Stages 8 - 10

For Stages 8, 9 and 10 Competitive Swimming have developed Awards specifically to support the NPTS.

The asa and the [Royal Life Saving Society \(RLSS\)](#) have worked closely together in developing stages 8, 9 and 10 in producing awards that link into the asa NPTS. The syllabus relating to the Rookie Lifesaving stages can be accessed through the RLSS.

As a result of completing ALL the outcomes detailed within each stage of the NPTS, a set of awards are available, the 'National Plan Awards' relate to each stage, from 1 - 10.