

UKCC LEVEL 1 CERTIFICATE

Unit 2

Teaching Aquatics

Part 5 – Scottish Swimming



**Scottish
Swimming**

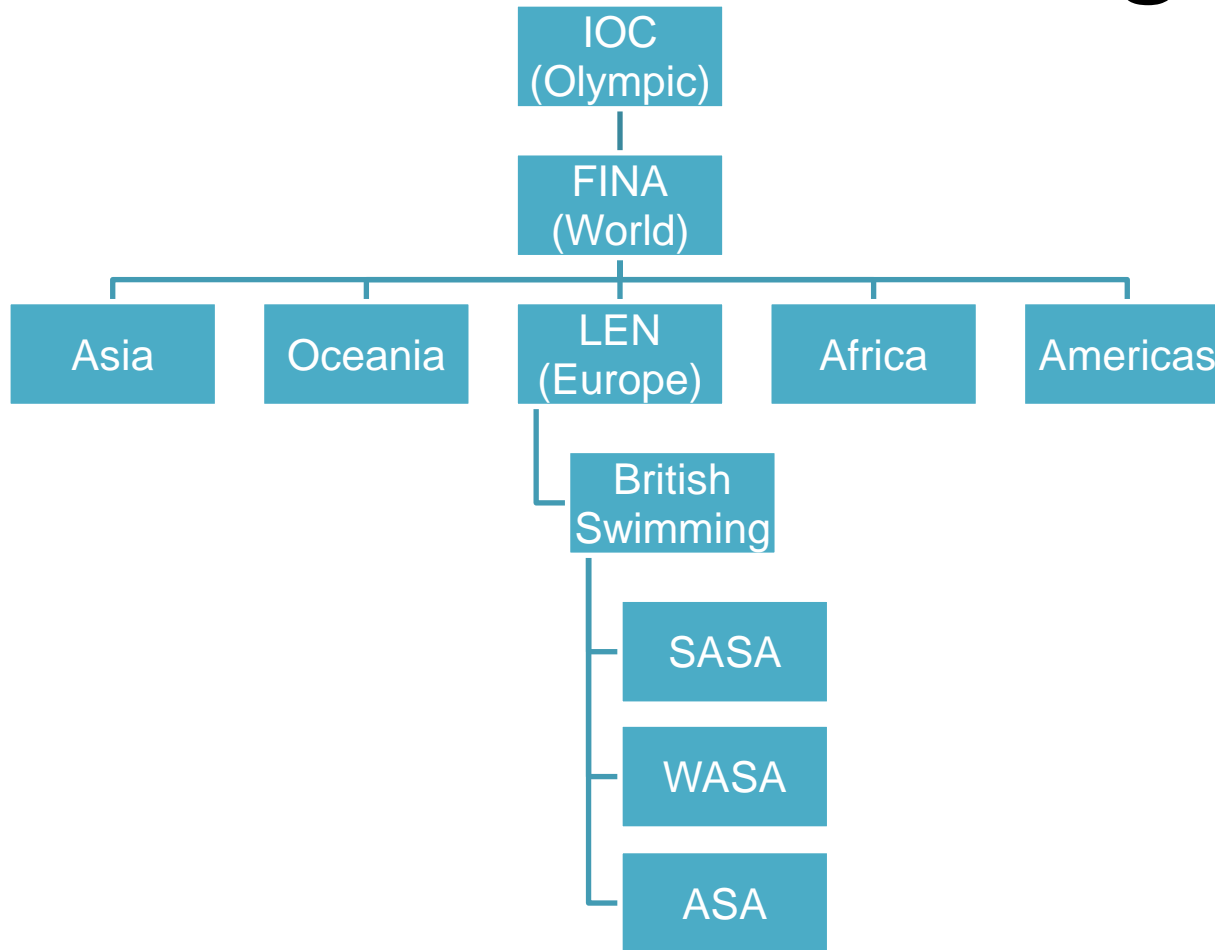
Scottish Swimming

- The Structure of Swimming from local to International levels.
- Scottish Swimming's Learn to Swim Framework 2015 / other swimming Programmes
- Scottish Swimming Support Programmes.



Scottish
Swimming

Structure of Swimming



Scottish
Swimming

FINA

- World Governing Body.
- Federation Internationale de Natation Amateur.
- Membership organisation – all national swimming federations around the world belong to it.
- Competitive swimming, diving, water polo, synchronised swimming and open water.
- Produces the Rules of the disciplines.
- Organises World championship events.
- International Technical officials.



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LEN

- Governing Body for the countries of the continent of Europe (52 countries currently).
- Ligue Européene de Natation.
- Organises European Championships in all aquatic disciplines, including Junior level events.



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British Swimming

- The primary role of British Swimming is to manage the elite side of our sport in all disciplines (Swimming, Diving, Open Water, Synchronised Swimming and Water Polo).
- British Swimming is a federation of three members:
 - Scottish Amateur Swimming Association (SASA).
 - Amateur Swimming Association (ASA).
 - Welsh Amateur Swimming Association (WASA).



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Home Country Governing Bodies

- Scottish Swimming (SASA) is the National Governing Body for Swimming in Scotland.
- The Amateur Swimming Association (ASA) is the National Governing Body for Swimming in England.
- The Welsh Amateur Swimming Association (WASA) is the National Governing Body for Swimming in Wales.



Scottish
Swimming

Scottish Swimming

- Scottish Amateur Swimming Association
- Membership organisation of clubs and individuals (limited)
- Competitive swimming, diving, water polo, synchronised swimming open water and masters
- Selection and preparation of Scottish teams
- Organises Scottish Championship events



Scottish
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Scottish Swimming cont.

- Member of British Swimming
- Swimming development i.e.
 - teacher/coach education
 - training of technical officials
 - volunteer development
 - club development
 - learn to swim /swim skills
 - Participationetc.
- Four districts i.e. East, West, North, Midlands



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Swimming

Scottish Swimming's New Learn to Swim Framework 2015

Local Authorities are able to sign up to this Framework and the accompanying support from Scottish Swimming to structure their swimming programme. It has 3 main elements.

- **Learn to Swim - Early Years**
- **Learn to Swim - Children**
- **Learn to Swim – Adult**

If not aligned to this specific Framework, agencies delivering LtoS should be following something similar from another agency or of their own making. i.e. whatever programme of classes is being delivered it requires an inclusive, soundly based and progressive structure.

Scottish Swimming's New Learn to Swim Framework for Children

The Learn to Swim Programme for children has 3 overarching National Standards:-

Bronze - Becoming Water Confidence – Pre-school and Level 1 are targeted at developing core aquatic skills and water confidence.

Silver - Developing a Safer Swimmer – Levels 2 and 3 are targeted at further developing core skills and traditional stroke technique with the aim of achieving Triple S / SSS / Scotland's Safe

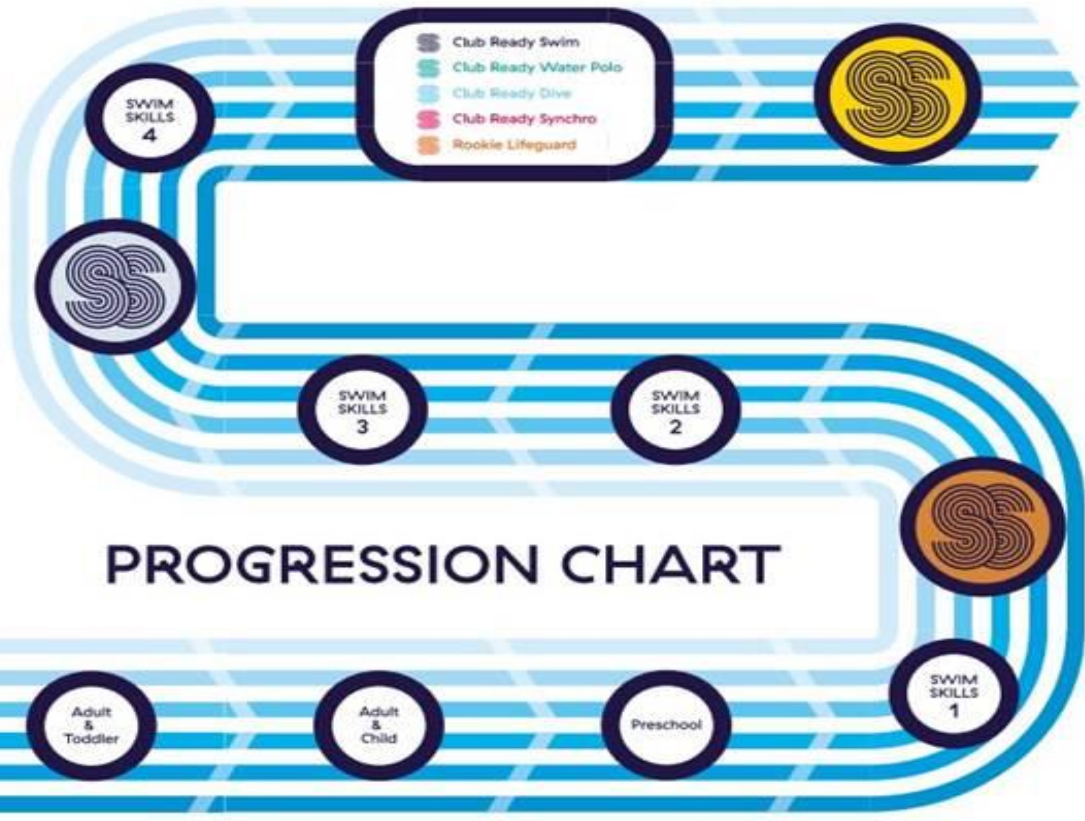
Gold - Achieving Aquatic Competence – Levels 4 and Club Ready are targeted at further improving stroke technique and introducing a multi aquatic approach.

Each level has objectives (that are appropriate to the developmental stage of the children) and outlines the target content and achievements required to complete the level.



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Scottish Swimming's New Learn to Swim Framework – Cont.



Learn To Swim Framework for Adults

Structure of the Framework

The framework has 3 'umbrella' aims:-

- **Developing Water Confidence and Core Aquatic Skills -** Adult Water Confidence and Beginners classes target developing the core aquatic skills and water confidence
- **Developing a Competent Swimmer** Adult Improvers and Stroke development are targeted at further developing core skills and traditional stroke technique with the aim of achieving a confident/competent swimmer.
- **Becoming Ready for Lifelong Swimming or Masters Club Ready** – Skills and Drills Levels 1 and 2 are targeted at further developing stroke technique and stamina.



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Swimming Support Programmes

Teachers and Coach Development

- UKCC Certification for teachers and coaches.
- Continuous Professional Development (CPD).
- Licensing of teachers, coaches and tutors.
- Coach membership schemes.

SwiMark

- Swim Schools (local authority, club, private).

Long Term Athlete Development



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Swimming

UKCC Certification

	Level 1	Level 2	Level 3	Level 4
Coaching Diving	UKCC Level 1 Certificate for Coaching Diving	UKCC Level 2 Certificate for Coaching Diving		
Coaching Synchro	UKCC Level 1 Certificate for Coaching Synchro	UKCC Level 2 Certificate for Coaching Synchro		
Coaching Water Polo	UKCC Level 1 Certificate for Coaching Water Polo	UKCC Level 2 Certificate for Coaching Water Polo		
Coaching Swimming	UKCC Level 1 Certificate for Coaching Swimming	UKCC Level 2 Certificate for Coaching Swimming	UKCC Level 3 Certificate for Coaching Swimming	
Teaching Aquatics	UKCC Level 1 Certificate for Teaching Aquatics	UKCC Level 2 Certificate for Teaching Aquatics		

Teacher/Coach Education



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Additionally

There are other opportunities to diversify and build up knowledge in other areas.

3 day – Teaching Swimming to ASN Children

3 day – Early Years

Plus numerous 3 hour CPD seminars on a range of topics that covers the entire Learn to Swim syllabus.



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Scottish Swimming UKCC Certification

- Awarding body is Scottish Qualifications Authority (SQA).
- Training Provider is Scottish Swimming.
- Qualifications are accredited on the Scottish Credit and Qualifications Framework (SCQF).



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Continuing Professional Development (CPD)

- Part of the UK Government plans for Teaching and Coaching:
 - Requirement to have a licensed structure in place.
 - Supported by quality assured CPD.
- Attendance at CPD is a central element for achieving a teacher or coach license.
- For more information about CPD seminars in your area, visit www.scottishswimming.com



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Continuing Professional Development

- The Continuing Professional Development Programme has been developed to enhance the skills of our qualified teachers and coaches.
- This will help improve the personal effectiveness of Teachers and Coaches and help Scottish Swimming develop 'Best Practice' throughout Learn to Swim programmes in Scotland.



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Scottish Swimming Teacher and Coach Licensing Scheme

- Launched in March 2006.
- Licensing is part of the Government's plans for enhancing the status and quality of teachers and coaches across all sports.



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The Benefits of Licensing

- Provides proof of competence, qualifications and experience.
- Provides some protection for children through Disclosure Scotland checks.
- Helps to promote high standards for teaching and coaching.
- Provides a framework for continuous improvement and CPD.
- Assists employers in the selection of teachers and coaches.
- Provides for a separation of qualified and unqualified staff.
- Commits the holder to uphold the Code of Ethics in swimming.
- Provides external credibility for the profession and for the governing bodies of swimming.
- Is part of a regulated and developing career structure.



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SwiMark

- SwiMark - a flexible process based on the principles of *Long Term Athlete Development*, enabling clubs to help swimmers, teachers, coaches and administrators to achieve their full potential.
- SwiMark - an accreditation scheme that lets customers and potential customers know the programme has achieved a level of excellence and continues to strive to do even better.



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SwiMark

Planning tool to enable swim schools & clubs:-

- To sign up to the process.
- To audit their existing programmes & activities.
- To identify strengths and weaknesses based on national standards.
- To produce an action plan towards accreditation.
- To achieve accreditation at one of 2 levels – SwiMark and SwiMark Plus.



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Benefits of SwiMark for Swim Lesson Provider

- Raises profile of the programme.
- Raises public confidence in your programme.
- Creates safer, 'quality' programmes for all.
- Builds a strong structure to support the development of your programme.
- Assists programmes in attracting external funding.
- Will help to increase membership levels in the longer term.

Benefits of SwiMark for Swim Lesson Provider – cont.

- Provides extra support from Scottish Swimming team.
- Will help attract and retain qualified coaches.
- Provide opportunities for development.
- Publicity/Certificate awarded.
- Access to bursaries for UKCC courses.
- Access to CPD and Seminars.
- Access to Child Protection Courses.
- Highlights and develops good practice in swimming.



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Scottish Swimming - Long Term Athlete Development

Long term athlete development (LTAD) is about achieving optimal training, competition and recovery throughout an athlete's career, particularly in relation to the important growth and development years of young people.



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Long Term Athlete Development

The key levels of this are:-

- **FUNdamentals** – basic movement literacy (Childhood).
- **Swim Skills** – building technique (Late Childhood).
- Training to Train – building the engine (Adolescence).
- Training to Compete – optimising the engine (Early Adulthood).
- Training to Win – maximising the engine (Adulthood).

The first 2 levels are the main work of the LtoS teacher.



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Swimming

Fundamental Movement Skills

These are the fundamental movement skills that all children should develop to underpin future participation in sport and physical activity

- ABCs (Agility, Balance, Coordination, Speed).
- RJT (Running, Jumping, Throwing).
- KGBs (Kinaesthetic, Gliding, Buoyancy, Striking with the body).
- CPKs (Catching, Passing, Kicking, Striking with an implement).



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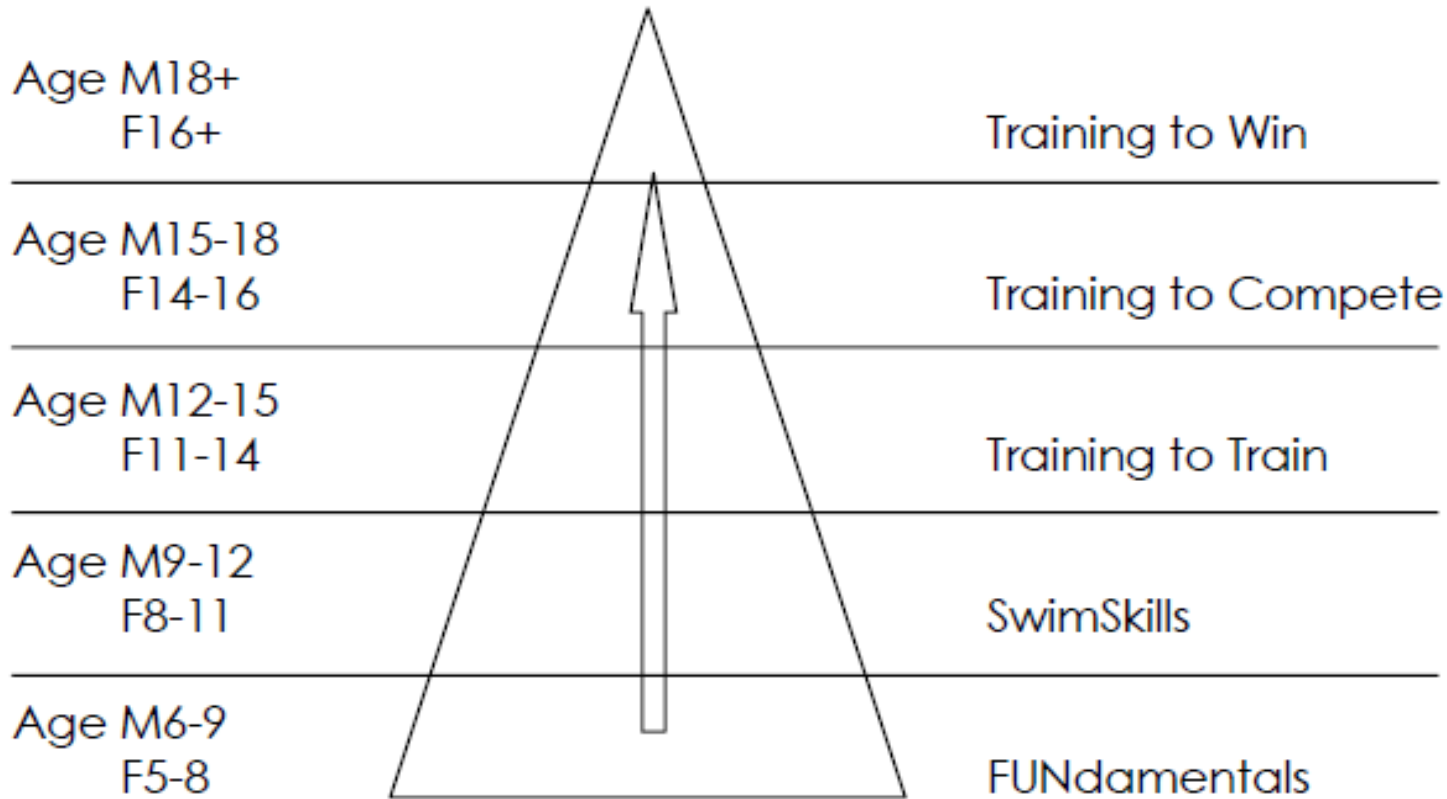
Fundamental Movement Skills and Swimming

- Some Fundamental Movement Skills fit well with swimming e.g. gliding, kicking, buoyancy, balance, agility, coordination.
- Others do not e.g. 'striking with an implement' which fits much better with racket or bat games i.e. through other sports or activities – a reason why children should not specialise in one sport too early.
- Those that fit well should be developed through well taught CORE AQUATIC SKILLS and then through Stroke Development.



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LTAD



The swimmer related by age to LTAD levels / stages



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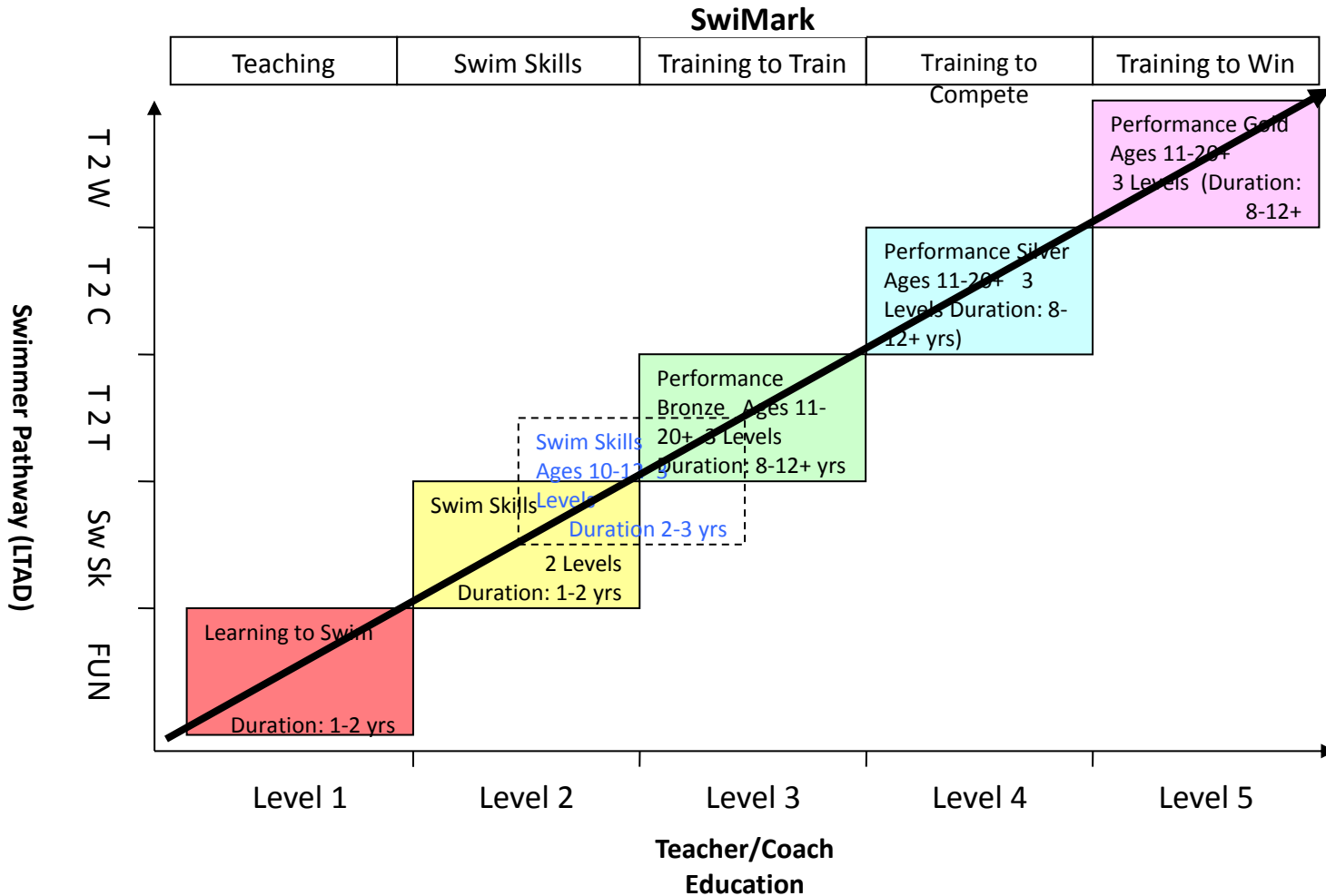
FUNdamental Stage+/LTS Framework

- Become confident in the water.
- Develop basic movement in the water.
- Develop skills through a fun and progressive pathway.
- Developing the 4 strokes.
- Developing a more competent swimmer.
- Achieving Triple S.
- Becoming 'Club Ready' / Ready for Lifelong Swimming.
- Water Safety Aware and proficient.
- Pathway to lifelong participation.



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Swimmers Pathway



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LTAD

The LTAD is currently under review. In the meantime the requirements of LTAD 2010 should still be followed.

Details can be found in the UKCC Teaching Aquatics Book (Dr Win Hayes)

or on Scottish Swimming website

www.scottishswimming.com



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Scottish Swimming

Read Text Chapter

- 3.1 The Structure of the Sport of Swimming.
- 3.2 Scottish Swimming.
 - 3.2.4 LTAD.

Re-read Power-Points on Scottish Swimming and LTAD.



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