



## Hempstalls Swimming practices - Beginner (Fin and Discs)

### Back

#### Body position

Children need a good body position when travelling on back the swimmer should not be sitting up or allowing legs to come out of the water

- A very good starting point with children on their back is to start with star floats
- Eyes looking up
- Ears in the water
- Pushing tummy's up
- Arms and legs out wide
  
- Once the children are lying flat you can move onto the leg kick (same as on the front you are looking for straight legs and pointy toes) keep practicing this on poolside at the start of the lesson
- Give the children an armband to hold in each hand ( this will help them balance in the water ) thumb through the middle of the float and fingers spread out over the top.
- Get the children to squeeze the legs together as they kick and focus on straight legs and point toes. Knees need to stay under the water (if legs or knees come out it will push the swimmer down under the water and effect their body position in the water).
- Once the children have got the leg kick you can start to reduce the armbands that are being held in the hands and on the arms. I would still get the children to have arms out as having a fin on does end to make you wobble in the water ( but this is great for core strength)

#### Progression

- Once the children have no discs on then they can start using floats - hold the float at the bottom with finger tips and straight arms pushing the float down over the knees ( if children's arms bend their arms they will find themselves wobbling in the water and will not maintain a flat body position)

## Hempstalls Swimming Intermediate - Fin

### Backstroke

- 1) Focus on children's leg kick mainly again this is the most important part of this stroke
  - Straight legs and pointy toes
  - Wings out using armbands in each arm (this will help the children balance)
- 2) Progress leg kick with float over the knees. Make sure the children are keeping straight arms as if they don't you will find they wobble with the fin on.
- 3) Progressing onto one arm practices. One hand holding onto an armband and keeping the wing out as it will help them balance.
  - Straight arm (bent arm will push the swimmer under the water)
  - Thumb Comes out of the water first
  - When you see the hand above the head turn the hand
  - Little finger enters the water first
  - Make sure the swimmer keeps a nice straight arm when pulling through the water
- 4) Progress arm practices holding the float over the knees – Thumbs on the side of the float, we do this because the thumb needs to come out of the water first and is good to get them used to holding it like this.
- 5) Looking to get the children's to keep their arms moving. The arms should be opposite. As one arm enters the water the other arm should come out.
- 6) I would always be looking for the children to focus on a nice fast leg kick and a slow arm action so that the children can show the best control possible.

