

Swimming at Castle



Introduction

This slideshow has been created to give the reader a detailed insight into Swimming at Castle School. The need to know around the subject, to keep you informed on the progressive frameworks we use and how we create a healthy, safe swimming environment for all.

'We may all be different fish but at this school we swim together'

Swimming Essentials

- Swimming Costume/Swimming trunks
 - Towel
 - Shampoo and Body wash
- Swimming pad if necessary
 - Goggles (optional)

Benefits of Swimming



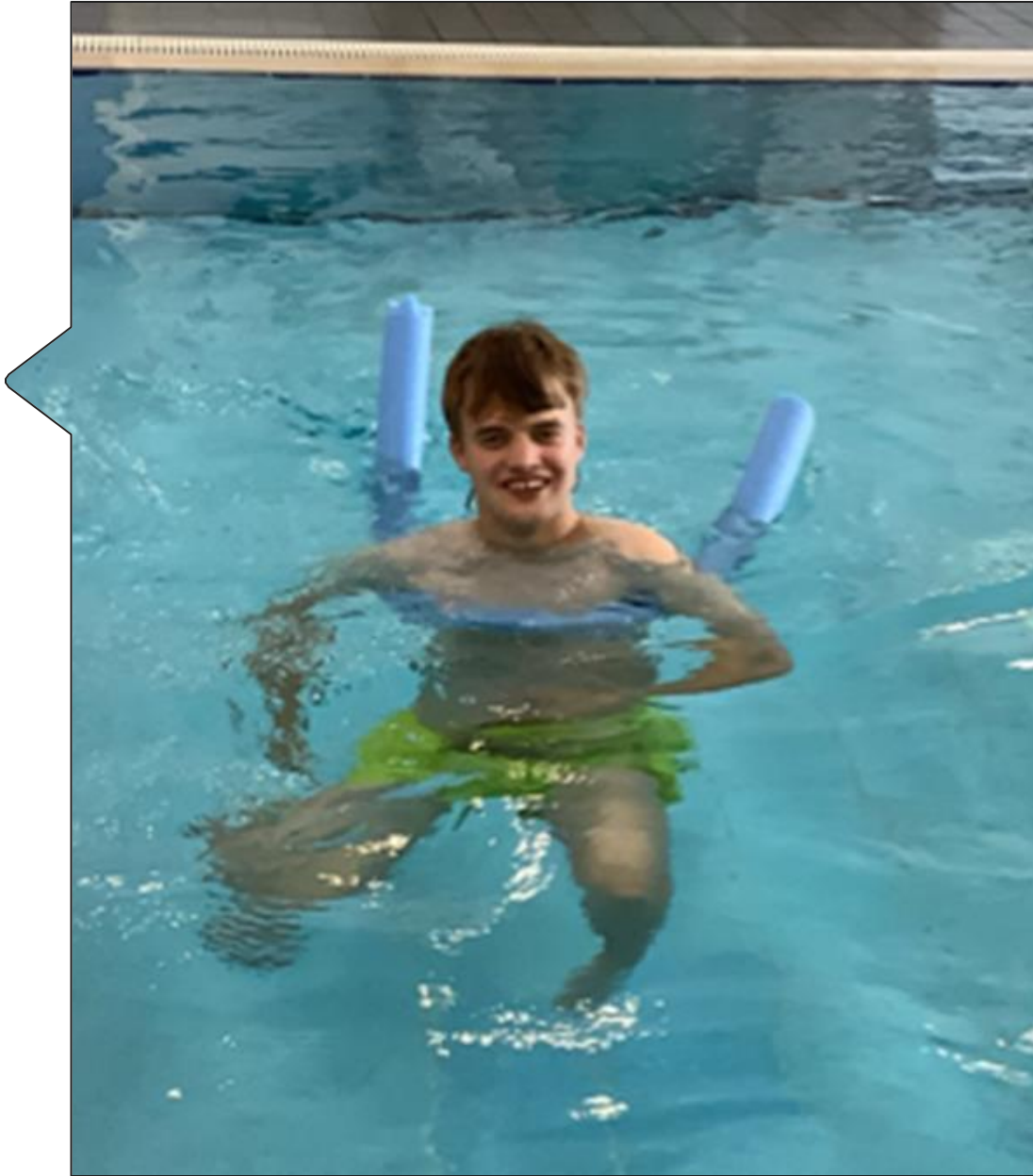
We believe that swimming is a life skill, other than learning to swim, teaching our pupils to be safe in and around water is paramount as well as many other benefits.

Swimming will keep us fit and healthy but also offer challenges and accomplishments which helps build our self confidence. The water also provides us with experiences to develop our cognitive, social and commutative skills, we also have LOTS of fun!

The Xplore Swimming Programme

The Xplore swimming programme is a flexible, progressive, and adaptive swimming framework taking note of how progression isn't linear, which should not be a barrier for the individual. Success can be small or big, either way it should be celebrated. Xplore takes into consideration that swimming is much more than just physical, it also makes demands on our cognitive, sensory, and communicative abilities and without this consideration progression can be frustrating. The swimmer is always be front and centre!





The Xplore Swimming Curriculum

The Explore Curriculum
consists of 3 stages;

The Cogs Award

The Level Up Award

The Leap Award



The COGS Awards

The COGS awards is focused towards our pre-formal learners. It consists of a progressive four stage framework with a focus on water confidence and exploration in the pool, working alongside the Routes for Learning curriculum



The Level Up Awards

The Level up awards are focused towards our semi-formal learners. Consisting of 7 'I Can' Stages which differ in difficulty making it accessible to all. Swimmers will progress through the basic fundamental water skills and confidence targets which will help create the base for their swimming pathway



The Leaps Awards

The Leaps awards are focused towards our formal learners. The 8 stage framework consolidates water skills learnt previously progressing these into understanding stroke technique, swimming distances and self rescue skills. Therefore aiding our swimmers to become well rounded and knowledgeable in the water, for continued swimming development when moving on from Castle or into various swimming/water based opportunities.



Halliwick

At Castle School we are constantly looking at ways to improve our skills/knowledge to give the best swimming experience to our students, therefore we integrate Halliwick practices into our swimming curriculum. This is a swimming approach which is led by songs, games and social interaction in the water, and its focus is to improve water confidence. This approach is also taught with no buoyancy aids which helps students to understand self buoyancy, creates a more immersive experience and encourages independence always. We integrate this into all our curriculums and the response to this from the pupils has been superb.

The Castle School Annual Swimming Gala



Every year we hold a Castle School Swimming Gala where the pupils can show off their skills learnt in the pool and celebrate these with their friends. Its always a great day full of smiles!