

# Glasgow Primary Schools Swimming Programme

Get Swim Ready.

Information Pack for P5-P7



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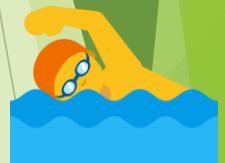
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### The Swimming Kit Bag

One piece and fitted swim wear will help you swim faster!



A swimming cap keeps long hair out of your eyes.



Goggles are great for swimming under water and help when learning to swim the different strokes.



Don't forget your towel!





## Swimming Lessons- Pool Safety

Always **walk on poolside**, at the showers and in the changing village.

**Listen** to your teacher and the lifegaurds.



**Bring any medication to the poolside** for your teacher to look after. For example, an inhaler for asthma. You may need it during the lesson.



Check where the **shallow end** and **deep end** are in the pool.

- How shallow is the pool?
- How deep is the pool?
- Can I stand in the deep end?
- Your teacher will keep you safe until you are confident to swim in deeper water.

**DEEP  
END**

Look out for **safety signs** around the pool.



### Swimming Aids



Kickboards help you learn to swim, and in training to improve your leg kick.



Armbands/discs and noodles help you learn to swim and improve your swimming.



## Glasgow Swimming Pools

Your school swimming lessons will take place at a Glasgow life pool or your local Secondary school pool.

Do you use your local swimming pool? Google where your nearest Glasgow Life pool is. Swimming with family and friends at the weekend is a great way to stay active and have fun.

### Glasgow Life Pools

- Bellahouston Pool
- Castlemilk Pool
- Drumchapel Pool
- Easterhouse Pool
- Gorbals Pool
- Maryhill Pool
- Pollok Pool
- Scotstoun Pool
- Springburn Pool
- Tollcross International Pool
- Whitehill Pool
- Woodside Pool



### Secondary School Pools

- St Paul's High
- Cleveden Secondary
- Govan High
- Shawlands Academy
- Hillpark Secondary
- Abercorn Secondary.
- Ashton School.

## The Swimming Lesson

The swimming lessons develop

- **Water confidence-** developing confidence and self esteem.
- **Water safety-** learning how to be safe in and around water and understand that swimming is a life-long skill.
- **Stroke technique-** developing front crawl, back crawl and breast stroke technique.
- **Physical fitness-** swimming is a great form of exercise to develop stamina, core stability and strength.

### Non-Swimmers Development.

- Your PE swimming teacher will help you develop confidence and make sure you are safe in the water.
- You will develop confidence and swimming stroke technique at a pace that suits you.

### Swimmers Development

- Club swimmers will be given tasks to suit their ability. Strong swimmers may have the opportunity to help other swimmers in the lesson.
- From non-swimmers to improvers and advanced swimmers, we provide tasks for all abilities.



## Swimming Gala



**The Glasgow Primary Schools Swimming Festival** takes place in Tollcross International Swimming Centre during May every year.

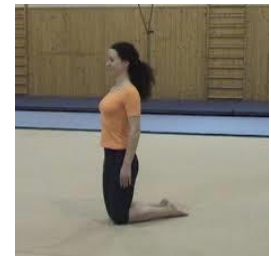


- The swimming gala is a competition between Glasgow Schools, with races for P5, P6 and P7's.
- The 3 strokes used are the front crawl, back stroke and breaststroke.
- You can win individual medals and gain points for your school.
- The school with the most points wins the overall event.

## Task

**Race Against Time** (How fast can you race? Can someone time you?) OR  
**Race Against an Opponent** (a family member or a friend). Decide on a start line & finish line. *On your marks, Get set, GO!*

- 1. Front Crawl Race** - Start by kneeling on high knees (see picture) Circle your arms forward alternately while walking on your knees until you reach the finish line.
- 2. Back Stroke Race** - Sitting on the floor with knees bent and feet flat on the floor. Start by circling right arm back until it's on the floor behind and slide bottom backwards as you straighten your legs. To recover bend knees. Repeat movement and circle the left arm back. Continue circling arms alternately until you reach the finish line.



### Water Confidence Task- Front Crawl Breathing for Beginners



You will need an adult to help supervise with this task.

The breathing technique is a vital part of learning to swim front crawl. Learning to breath out under water will help with front crawl breathing action and improve your water confidence.

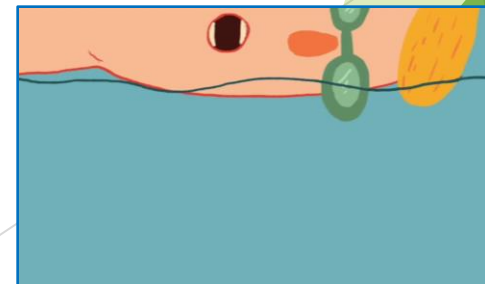
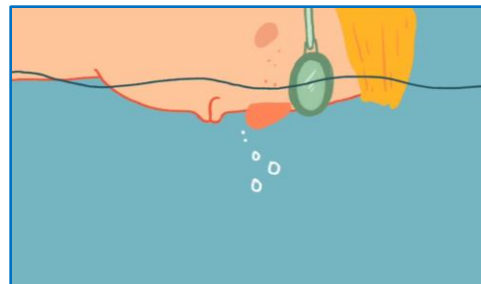
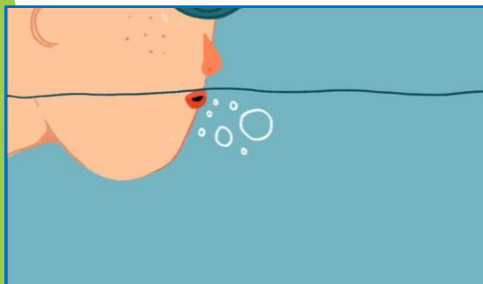
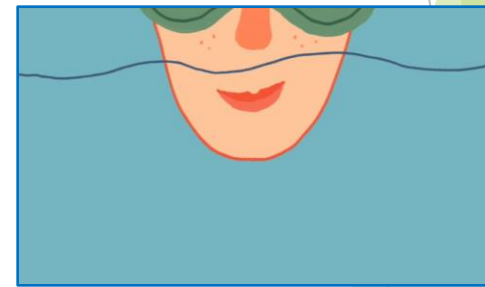
#### Task

- You can practice your swimming breathing skills at home.
- Watch this [video](#) and follow the instructions.

#### Equipment

- A basin filled with water.
- A pair of goggles (only if you have some at home).

WATER CONFIDENCE  
home learning





## Front Crawl Home Workout

### Task

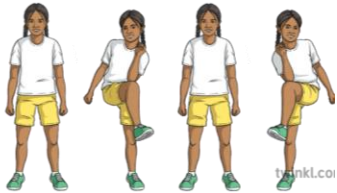
Complete the activities below to improve your swimming fitness.

Here's a [link](#) to a video demonstration.

### Challenge

- Repeat the circuit.
- How many flutter kicks on your stomach can you do in 30 seconds?

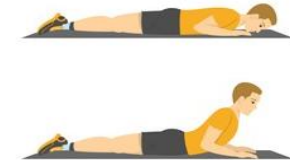
1. Knee to elbow running.  
60 seconds



2. Squats to high arms.  
60 seconds



3. Back raises.  
60 seconds



4. Alternate arm lifts, lying on stomach.  
60 seconds



5. Push up,  
2 mountain climbers.  
Repeat  
30 seconds



6. Flutter kicks on stomach.  
30 seconds.



7. Pike, alternative arm pull.  
30 seconds

