
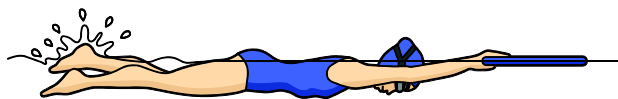


Floating on back


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Floating on back – Tips and cues:

1. Often demonstrate standing up: Is it best to do like this (back arched and shoulders hunched over) or like that (back arched backward).
2. Arms and legs like a starfish.
3. Belly button up.
4. Hands above shoulders (or ears the back) which helps arch
5. Do you breathe through your mouth and forehead? Then you want nose higher than forehead.
6. Gently hold the back up. At same time check the spine is arched the correct way.
7. Especially with adults, a pool noodle under the small of the back and/or the legs can get them to get use to the position.
8. The average person's density is around 0.98! You want that 2% above to be nose & mouth.



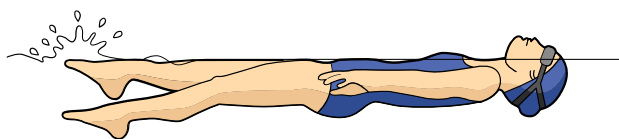
Torpedo Kick Kickboard

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Torpedo Kick Kickboard – Tips and cues

1. Look straight down, ears in the water top of head out of the water.
2. Really stretch from fingernails to toenails.
3. Point toes like a ballerina (or a diver with fins)
4. Small fast kicks.
5. Kick from the hips with fairly straight legs
6. Toes stay in the water – you don't get anywhere kicking air.
7. To stop pushing down – Put toy on board.
8. Can sometimes get kids to hold side of pool and stretch their toes out and ask them "can you feel the difference when legs stretched?" (Particularly Cerebral Palsy etc.) and if yes, "then feel like that all the time".





Soldier Kick

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Soldier Kick – Tips and cues


1. Do you breathe through your forehead? Then nose and mouth higher than forehead!
2. Look straight up (or slightly back), ears in the water.
3. Really of head to
4. Point toes (or a diver
5. Kick from straight legs.
6. Knees stay under the water.
7. Small fast kicks.



stretch from top toenails. like a ballerina with fins). the hips with fairly



Glide

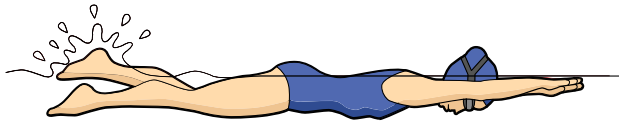
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Glide – Tips and cues


1. Let's see who can go the furthest
2. Stay on top of water, Noooo diving under!
3. Nose in water then push off wall with feet (stops them jumping up and diving in / under).
4. Look straight to bottom of pool with ears in the water.
5. No Kicking
6. No using
7. Point toes (or a diver with
8. No wiggly bottoms. (One aim is to develop stability of core and hips for breaststroke kick etc)
9. Need to tighten up tummy and bottom muscles (or butt cheeks and the little ones laugh)



your arms like a ballerina fins) and stretch out.

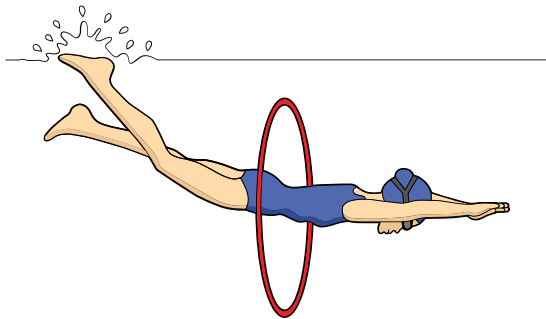


Torpedo Kick no board


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Torpedo Kick no board – Tips and cues

1. Look straight down, ears in the water top of head out of the water.
2. Really stretch from fingernails to toenails.
3. Point toes like a ballerina (or a diver with fins).
4. Small fast kicks.
5. Kick from the hips with fairly straight legs.
6. Toes stay in the water – you don't get anywhere kicking air.
7. Can sometimes get kids to hold side of pool and stretch their toes out and ask them "can you feel the difference when legs stretched?" (particularly Cerebral Palsy etc.) and if yes, "then feel like that all the time".

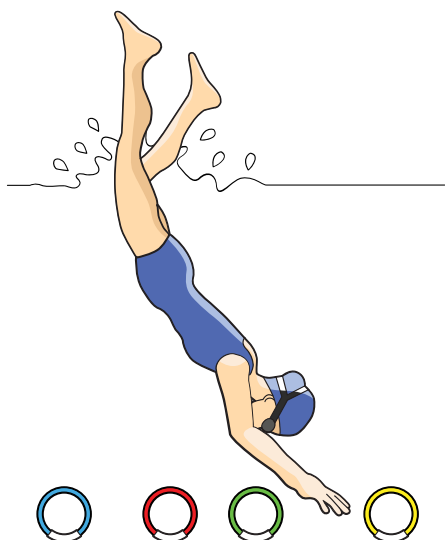


Torpedo Kick through Hula Hoop Below Surface


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Torpedo Kick through Hula Hoop Below Surface - Tips and cues

1. The aim is to help them manage buoyancy and continue to get use to submersing.
2. Some buoyant kids may struggle so get them to jump up then down to submerge and push off wall use arms and need reminders to want them to use legs (as use legs efficiently)
3. Most will need use legs (as use legs)
4. Hands pointing down or up will help them go down or up.



Sinky toys Pick up / Retrieve

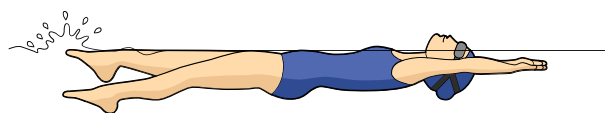
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Sinky toys Pick up / Retrieve - Tips and cues


1. Initially it is like collecting floating toys and develop confidence moving in the water.
2. The put the toys (progressively deeper) chest height in water so that kids have to submerge face.
3. Some use as many get them to submerged (game).
4. More advanced kids you may throw them and do torpedo kick till above toy then dive down to retrieve (i.e. develop skill and silky toy just fun component).
5. Eventually you will teach duck diving in deeper water.



instructors will as can get to collect treasures

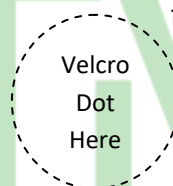


Torpedo Kick on back

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Torpedo Kick on Back – Tips and cues

1. Normally taught after soldier kick.
2. Similar tips as soldier kick except
3. Really stretch from fingertips to toenails
4. Ensure elbows under water (or effects buoyancy and face goes under)
5. Very difficult especially lockdowns exercise could not get occurs and elbows out of water then get them to stand up, raise arms out to side palms of hands facing down. Stretch the arms back to contract back and stretch out chest muscles then raise arms above head (very few need as homework).



for some kids following covid as lacking and (maybe 30%) arms back. If