

National School Competition Framework Sport: Swimming

(Separate pathways exist for water polo, synchronised swimming, diving and disability swimming – see the ESSA and ASA websites)

Descriptor	New competition	Level and location	When?	Where next?	Existing competition	Opportunities
<p>Key Stage 2: 7-9 years Multi-skill festivals:</p> <ul style="list-style-type: none"> • arranged on a class basis • off school site • termly • theme based • early specialisation? 	<p>Aqua Skills 1: (FUNdamentals)</p> <ul style="list-style-type: none"> • Dry land skills/ tests • Multi-discipline • Team participation • Basic skills, e.g. push and glide, kicking, etc • All skill based • Relays • Games • FUN 	<ul style="list-style-type: none"> • Term 1 – Within school • Term 2 – Inter-school • Term 3 – Leagues • Local or school pools – number of schools involved dependant upon size of facility; ideally schools in small clusters 	<ul style="list-style-type: none"> • After each teaching block of nine/ten weeks, i.e. every term 	<ul style="list-style-type: none"> • School – club links • Other lesson programmes • Early talent ID, e.g. diving • Other sports 	<ul style="list-style-type: none"> • ASA club and inter-club events • ASA county age groups and Youth Championships (February/ March) 	<ul style="list-style-type: none"> • Developing skill templates • Links with lesson programmes • Tapping into volunteer structures at county level • Identifying appropriate reward structure • Adding benefit for teachers • Financial models • Links to after-school clubs • Introduce children to existing Codes of Conduct
<p>Key Stage 2: 9-11 years Multi-sport competition:</p> <ul style="list-style-type: none"> • arranged on a class basis • six-week block rotation • central venues/ leagues • coaching and competition based on 	<p>Aqua Skills 2:</p> <ul style="list-style-type: none"> • Dry land skills/ tests • Multi-discipline • BAGCAT (multi-stroke and distance) type programmes • Team and individual relays • Skill based • Build on Aqua 1 	<ul style="list-style-type: none"> • Local or school pools – number of schools involved dependant upon size of facility; ideally schools in LA area • Internal competition for team selection • Three rounds of league 	<ul style="list-style-type: none"> • After each teaching block of nine/ten weeks, i.e. every term 	<ul style="list-style-type: none"> • School – club links • Talent ID • Identify other aquatic and sporting links • Preparation for ESSA primary schools relays 	<ul style="list-style-type: none"> • ASA club, inter-club and league events • ASA county age group championships (February/ March) • ASA regional age group championships (May/June) • ESSA divisional relays (April/May) 	<ul style="list-style-type: none"> • Developing skill templates • Organisational needs • Establish exchange of innovative models of best practice • Develop Step into Sport concepts of harnessing young leaders – from swimming

<p>primary, secondary or club sites</p>	<p>skills – don't repeat events, raise challenge, test quality, time, distance</p> <ul style="list-style-type: none"> • Games – everyone MUST compete • Trials for ESSA primary schools relays 	<p>competition</p>			<ul style="list-style-type: none"> • ESSA primary schools (June) 	<p>community</p> <ul style="list-style-type: none"> • Identify 'top-up' needs and programme appropriate activity
<p>Key Stage 3: 11-12 years Multi-sport competition:</p> <ul style="list-style-type: none"> • core activity on a class basis – but with specific provision for more able pupils • monthly (three sports) • central venue leagues • range of sports coaching and competition at secondary, hub or club sites 	<p>Aqua Skills 3:</p> <ul style="list-style-type: none"> • Dry land skills/ tests • Multi-discipline • BAGCAT type programmes (multi-stroke and distance) • Team and individual relays • Skill based • Build on Aqua Skills 1 and 2 – don't repeat events, raise challenge, test quality, time, distance • Games – everyone MUST compete • Should not be repeating competitions based on Aqua Skills 1 and 2 • Opportunity to participate in coaching session for 'better' swimmers 	<ul style="list-style-type: none"> • Local or school pools – number of schools involved dependant upon size of facility; ideally schools in LA area 	<ul style="list-style-type: none"> • After each teaching block of nine/ten weeks, i.e. every term 	<ul style="list-style-type: none"> • Mix festival • Establish close links/joint sessions with local clubs • Identify other sporting links 	<ul style="list-style-type: none"> • ESSA divisional relays (November) • ESSA divisional trials (September) • ESSA inter-divisional championships (October) • ASA age group championships (July/August) 	<ul style="list-style-type: none"> • Developing skill templates • Writing virtual programmes • Harnessing existing SwimFit concepts • Examine funding opportunities • Harness local swimming community • Develop Step into Sport • Encourage club based fitness swimming • Identify health, fitness, nutritional, personal, competition objectives • ESSA relays – address clash with ASA county championships • Develop and share best financial practice

	<ul style="list-style-type: none"> • Introduction of virtual SwimFit – personal competitive challenges 					
<p>Key Stage 3 and 4: 12-16 years</p> <ul style="list-style-type: none"> • Inter-school leagues • School team, following selection process • Cup competitions within SSPs • Year group teams 	<ul style="list-style-type: none"> • Dry land skills and tests • League competition programme based on BAGCAT principles (multi-stroke and distance) • Innovative programme • Introduction to competition • Integration of all disciplines 	<ul style="list-style-type: none"> • Local or school pools – ideally larger six/eight lane pool involving all schools in LA area • Three rounds of league competition PA 	<ul style="list-style-type: none"> • Every term – mid term 	<ul style="list-style-type: none"> • Need to maintain interest in sport • Links with clubs and other sporting links • Talent ID for late developers 	<ul style="list-style-type: none"> • ASA club, inter-club and league events • ASA county age group and youth championships (February/ March) • ASA regional age group and youth championships (May/June) • ASA multi-regional championships (July) • ASA age group and youth championships (August) • ESSA regional trials (September) • ESSA relay championships (February) • ESSA inter-divisional championships (October) • ESSA inter-divisional relay championships (February) • International events 	<ul style="list-style-type: none"> • Develop appropriate multi-discipline programme • Establish links to club programmes – both competitive and fitness • Develop virtual competitive opportunities – both for pure competition and personal development targets • Encourage the use of SwimFit log books

<p>16-19 years</p> <ul style="list-style-type: none"> • <u>Not</u> for talented already identified as part of NGB talent programmes • 'Junior Varsity' – to give this group an identity, e.g. community, schools, PE, sixth forms • Single venue festivals with ring fenced time, e.g. Wednesday pm 	<ul style="list-style-type: none"> • Personal challenges and competitions • Team games • Virtual competitions • Offer range of sporting options • Optional tasters for all disciplines 	<ul style="list-style-type: none"> • Not for the serious competitor • Single venue – with pool! • Possibility of introducing a range of fitness related options • Develop individual, team and collective challenges, an individual competing against pre-determined 	<ul style="list-style-type: none"> • Weekly 	<ul style="list-style-type: none"> • University/FE establishments and sporting links • Into working environment • Encourage club or other sporting links are maintained • Cultivate 'cool to do sport' image • Identify lifestyle options 	<ul style="list-style-type: none"> • ASA club, inter - club and league events • ASA county youth championships (February/ March) • ASA regional youth championships (May/June) • ASA multi-regional championships (July) • ASA nationals (August) • ESSA inter-divisional championships (October) • ESSA inter-divisional relay championships (February) • International events 	<ul style="list-style-type: none"> • Build on virtual competitive individual opportunities, based on lifestyle change • Develop links with clubs and fitness centres offering health and fitness related options • Build on SwimFit for schools
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ALL PROGRAMMES MUST:

- ✓ include activities appropriate to the swimming development needs of the child
- ✓ be totally inclusive – nobody must be excluded for ANY reason
- ✓ include dry land activities, team games, relays and all disciplines of the sport
- ✓ programmes should build on skill levels year on year – don't simply repeat last term
- ✓ where relevant, encourage ongoing participation in a sporting environment
- ✓ ALL PROGRAMMES MUST TEACH CHILDREN HOW TO ENJOY COMPETITION.