

SKILLS 2 PLAY SPORT

Skills2Play Sport Aquatics introduces children to a multi-skills approach to learning in and through aquatic activities that focus on the fundamentals of movement and safety in water. This approach focuses on the development of aquatic and safety skills that will help children: become confident in water; practise appropriate aquatic skills and become aware of the importance of safety and lifesaving skills in water. The approach also helps children develop the five abilities of creative, cognitive, social, physical and personal development.

Here are the activities:

Activity	Main emphasis	Use as	Colour coding
A: Getting Wet	Beginning to move through the water	Warm up;	<p>The cards offer a simple colour coding system with coloured tabs on the right hand side of the card:</p> <p>Red: Warm up</p> <p>Orange: Skill development</p> <p>Green: Lifesaving skills</p> <p>Warm ups Many of the activities on the cards would make suitable warm ups, and have a red tab.</p> <p>Skill development These cards focus on the development and application of aquatic skills and have an orange tab.</p> <p>Games These cards focus on lifesaving skills and have a green tab.</p>
B: In and out	Gaining confidence when entering the pool	Warm up; Aquatic skills	
C: Moving	Developing gliding and buoyancy	Warm up; Aquatic skills	
D: Over and under	Gaining confidence under the water	Warm up; Aquatic skills	
E: Teamwork	Some simple relay games	Aquatic skills	
F: Moving on	Developing a streamline position	Warm up; Practice for movement skills	
G: Legs and Feet	Efficient use of legs and feet	Aquatic skills	
H: Hands and arms	Efficient use of hands and arms	Aquatic skills	
I: Personal survival	HELP position, swimming in clothes and rough water	Lifesaving skills	
J: Lifesaving strokes	Developing side stroke and egg beater kick	Lifesaving skills and application of aquatic skills	
K: Dry rescue skills	Skills that can be learned in school	Lifesaving skills	
L: Wet application of rescue skills	Water safety code, RESCUE sequence and Emergency Action Model	Lifesaving skills	
M: Starting synchro	An introduction to synchronised swimming	Application of aquatic skills	
N: Mini water polo	Simple Water Polo activities	Application of aquatic and games skills	
O: Starting to dive	An introduction to diving movements	Application of aquatic skills	
Moving on with aquatics	Additional resources		
Aquatic Festival cards	Various aquatic skills	Assessment or a fun session of varied activities that can be done in school, in the pool or a combination of both	
Lifesaving Festival cards	Various lifesaving skills		



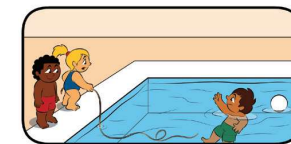
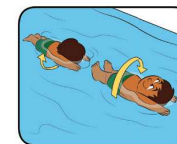
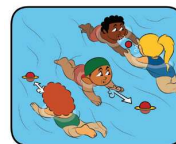
Youth Sport Trust



LOTTERY FUNDED



SPORT ENGLAND



SKILLS2PLAY SPORT

The Skills2Play Sport cards are designed to be easy to use. Information on the front of the card can be used by the organiser initially and then by the children. The back of the card contains information primarily for the organiser that can be used as stimulating questions for the children.

The front of the card

The front of the card has the following elements:

Aquatic outcomes

This lists simple outcomes that could be achieved through completing the activities.

What to do

The 'what to do' section lists all the information necessary to perform the activity successfully.

Variation of the activity and differentiation for individuals through STEP

This lists ways of making the activities easier and harder through the use of the STEP framework. **S** Space **T** Task **E** Equipment **P** People

Safety and organisation

Simple ideas on the safe organisation of the space and the children

Your challenge

For those children that are ready, this lists simple ways to extend the activity by setting personal challenges.

Safety

Some activities need specific safety advice and this is given on the card.

Equipment

The equipment suggestions on the front of the card give ideas for equipment needed to start the activity. On the back of the card are ideas for how different equipment can help with differentiation.

Think INC

This panel contains advice for ensuring everyone has an appropriate role within an activity.

Timing icons

To give organisers some help on timings, icons have been included that indicate if an activity is suitable for individuals, pairs or groups and appropriate time periods for the activity have also been added.

The back of the card

The backs of the cards offer guidance to organisers about how to develop the five abilities and these are listed as:

Thinking Me

This is based on developing the children's ability to think about the activities they are doing. The statements can be developed into questions by the organiser.

Social Me

Statements to help develop the children's ability to work with each other and to help with the activity.

Healthy Me

This ensures children develop awareness of the health benefits of the activity, and they learn to do the activity safely.

Physical Me

Simple statements designed to improve performance.

Creative Me

Statements to encourage children to be innovative when doing or changing the activity.

Sporting connections

This is designed to help organisers link the activities to the striking and fielding games that these cards support.



Spirit of the Games

On each card at least one of the six spirit of the games values is mentioned. Organisers may well wish to emphasise other values during the activity and ensure that all children know the values before the activity session starts.



Lifesaving cards

The lifesaving cards have a slightly different emphasis with written aquatic and safety outcomes, and sporting and life connections, as the skills are so important to children when near water.



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The Youth Sport Trust would like to thank British Swimming and the Royal Life Saving Society for their help in the development of these cards, some of which contain material that is in their own resources.

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