

SPORTS & GAMES · K – GRADE 3

Swimming — Beginner Session

School swim trip structure

Important

School swimming should always be led by a qualified swimming instructor at the pool. This page is intended for accompanying teachers — to help you understand the structure of a typical session and support behavior management.

Pre-pool checklist

- Risk assessment up to date
- Confirm any swimmers with medical needs (e.g. asthma) — inhalers poolside
- Children change in supervised changing rooms
- Spare goggles + hat available
- No food on poolside
- Adult-to-child ratio meets school policy (typically 1:6 or better for non-swimmers)
- Allergy / dietary needs noted
- Towels, costumes, goggles, hats — labeled
- Children walk on poolside — no running
- First aid + lifeguard on duty

Beginner session structure (typical)

1 — Entry and adjusting (5 min)

Children enter the shallow end. Splash water on faces and arms. Gets used to the temperature and feel.

2 — Confidence — face in (5 min)

Hold the wall. Put face in the water — eyes open if comfortable. Blow bubbles. Builds calmness in the water.



3 — Floating (10 min) On the back, supported. Then on the front. Building trust in the water's buoyancy.	4 — Kicking (10 min) Hold a float, kick across the pool. Coaching: legs straight, gentle splash.
5 — Stroke basics (10 min) Front crawl arm reach. Back stroke flutter. With instructor support.	6 — Cool down + free play (5 min) Last 5 minutes — supervised free play. Builds positive association.

