



NORD ANGLIA SCHOOL  
JAKARTA

# *NAS Swimming Programme*





# Introduction

Here at NAS we believe that swimming is an essential life skill. We provide weekly lessons within the school curriculum to ensure that all children develop swimming skills and water confidence. In addition to the weekly swimming lessons in school, children have the chance to access further swimming lessons via our extra-curricular-activities programme.

Our swimming programme follows the successful models used in Australia and America. It is based on a logical, seven level progression that helps swimmers develop their water safety, survival and swimming skills. It is designed to give participants a positive learning experience.

Our school swimming teachers and ECA coaches work closely together to ensure that lessons are differentiated to meet the needs of different students. Skills progression is carefully monitored and children are supported to move through the levels at their own pace. Each child has a tracking sheet to record their progress at each level, with certificates being issued on completion of each level. This tracking sheet follows each child in both their school swimming lessons and any ECA swimming lessons they may take here at NAS.

Regards,

**Afifah Rachmadani** (NAS Swimming Director)

**Domine Brown** (NAS ECA Coordinator)

# 5 Reasons to Learn to Swim

The most important reason is that swimming is a survival skill.

1

2

Swimming is lots of fun for people of all ages and children especially love getting in the water and enjoying themselves.

Swimming provides many health benefits which can help to keep children healthy. Swimming keeps your child's heart and lungs healthy, improves strength and flexibility, increases stamina and even improves balance and posture.

3




4



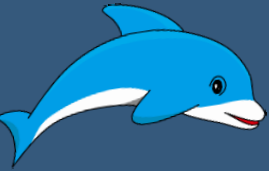

Swimming provides challenges and rewards, which help children to become self-confident and believe in their abilities.

Swimming is a great fitness skill for life.

5

# NAS Swimming Levels

<p><b>Level 1</b> <b>Clown Fish</b> <i>Water Confidence 1</i></p> 	<p style="text-align: center;"><b>Introduction to Water Skills</b> <i>Helps participants feels comfortable in the water</i></p> <p>The below objectives need to be met with independence:</p> <ul style="list-style-type: none"> <li>• Enters and exits the pool safely, using ladder, stairs or side</li> <li>• Blows bubbles through mouth and nose</li> <li>• Opens eyes under water and retrieves submerged objects</li> <li>• Alternate kick on front and back with noodle</li> <li>• Unaided front and back glides and back float</li> <li>• Rolls from back to front and front to back</li> <li>• Recovers to vertical position from front or back glide</li> <li>• Uses big arm movements to pull through the water</li> </ul>
<p><b>Level 2</b> <b>Sword Fish</b> <i>Water Confidence 2</i></p> 	<p style="text-align: center;"><b>Fundamental Aquatic Skills</b> <i>Gives participants success with fundamental skills</i></p> <p>All Level 1 objectives and:</p> <ul style="list-style-type: none"> <li>• Enters the water by stepping or jumping form the side</li> <li>• Fully submerges and holds breath</li> <li>• Treads water for a few seconds using arm and leg actions</li> <li>• Blows bubbles while using noodle / kickboard</li> <li>• Pushes off the wall and glides 3+ meters</li> <li>• Alternate streamlined kick movements, without aids, up to 5m</li> <li>• Big arm movement to pull through the water for up to 5m</li> <li>• Combined arm and leg action on front and back</li> <li>• Changes direction of travel while swimming</li> </ul>
<p><b>Level 3</b> <b>Flying Fish</b> <i>Beginner 1</i></p> 	<p style="text-align: center;"><b>Stroke Development</b> <i>Builds on Level 2 skills through additional practice in deeper water</i></p> <p>All level 1 &amp; 2 objectives and:</p> <ul style="list-style-type: none"> <li>• Star float on front and back for 10+ seconds</li> <li>• Treading water for 5+ seconds</li> <li>• Submerges and pushes off the bottom of the pool to resurface</li> <li>• Beginning to “rocket” dive from side of pool</li> <li>• Coordinated leg straight kick and over arm pull freestyle</li> <li>• ‘Pop Up’ breathing in freestyle for 1 pool width</li> <li>• Coordinated leg straight kick and arm pulls for backstroke</li> <li>• “Chin in – tummy up” body position in backstroke</li> <li>• Leg straight kick on front and back with kick board for 1 pool width</li> <li>• Beginning to use streamlined body position in freestyle and backstroke</li> </ul>

<p><b>Level 4</b> <b>Barracudas</b> <i>Beginner 2</i></p> 	<p style="text-align: center;"><b>Stroke Improvement</b> <i>Develops confidence in skills learned and improves other aquatic skills</i></p> <p>All level 1, 2 &amp; 3 objectives and:</p> <ul style="list-style-type: none"> <li>• Star float on front and back and perform roll between</li> <li>• Treading water for 10+ seconds</li> <li>• “Rocket dive” entry from diving block (sometimes inconsistent)</li> <li>• Swims underwater for 5+ meters</li> <li>• Streamlined push off followed by elementary dolphin kick on front and back</li> <li>• Freestyle with combined bilateral and “pop up” breathing for 2 continuous pool widths</li> <li>• Over arm pull backstroke for 2 continuous pool widths</li> <li>• In-out-close breaststroke kick pattern</li> </ul>
<p><b>Level 5</b> <b>Manta Rays</b> <i>Intermediate 1</i></p> 	<p style="text-align: center;"><b>Stroke Refinement</b> <i>Provides further coordination and refinement of stroke</i></p> <p>All level 1, 2, 3 &amp; 4 objectives and:</p> <ul style="list-style-type: none"> <li>• Treading water for 30+ seconds</li> <li>• Shallow, consistent, streamlined “rocket dive” from diving block</li> <li>• Swims underwater for 10+ meters</li> <li>• Consistent 2 stroke breathing freestyle for 50 meters</li> <li>• Coordinated arm pull – leg kick backstroke for 50 meters</li> <li>• Coordinated kick, glide, big arms breaststroke for 50 meters</li> <li>• Undulation movement butterfly, arms sometimes breaking surface</li> </ul>
<p><b>Level 6</b> <b>Dolphins</b> <i>Intermediate 2</i></p> 	<p style="text-align: center;"><b>Swimming and Skill Proficiency</b> <i>Refines strokes so participants swim with ease, efficiency &amp; power</i></p> <p>All level 1, 2, 3, 4 &amp; 5 objectives and:</p> <ul style="list-style-type: none"> <li>• Treading water for 1+ minute</li> <li>• Consistent “rocket dive” followed by 3+ meter underwater swim</li> <li>• Consistent 3 stroke bilateral breathing freestyle for 75 meters</li> <li>• Consistent good technique backstroke for 75 meters</li> <li>• Pull-breath-kick-glide breaststroke pattern with “small scoop” arm movements for 75 meters</li> <li>• Undulation movement butterfly with big arms for 25 meters</li> </ul>
<p><b>Level 7</b> <b>Sharks</b> <i>Advanced</i></p> 	<p style="text-align: center;"><b>Advanced Swimming</b> <i>Provides competition-ready swimming skills</i></p> <p>All level 1, 2, 3, 4, 5, 6 objectives and:</p> <ul style="list-style-type: none"> <li>• Successful underwater dolphin kick for 10+ meters</li> <li>• Bilateral breathing freestyle with high elbows for 100 meters</li> <li>• Straight arm pull backstroke with shoulder rotation for 100 meters</li> <li>• Kick-glide breaststroke pattern with “small scoop” arm movements for 100 meters</li> <li>• Undulation movement butterfly with big arms for 50 meters</li> </ul>



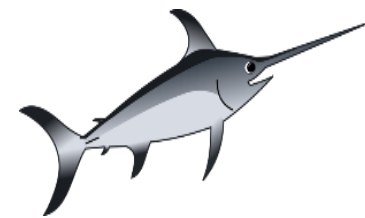
# Level 1 : Clownfish



Name :		Class :	
Date Commenced :			
Objectives	Developing	Refining	Proficient
Enters and exits the pool safely, using ladder, stairs or side			
Blows bubbles through mouth and nose			
Opens eyes under water and retrieves submerged objects			
Alternate kick on front and back with noodle			
Unaided front and back glides and back float			
Rolls from back to front and front to back			
Recovers to vertical position from front or back glide			
Uses big arm movements to pull through the water			
Level Passed :	Date :		



# Level 2 : Sword Fish



Name :		Class :	
Date Commenced :			
Objectives	Developing	Refining	Proficient
Enters the water by stepping or jumping from the side			
Fully submerges and holds breath			
Treads water for a few seconds using arm and leg actions			
Blows bubbles while using noodle / kickboard			
Pushes off the wall and glides 3+ meters			
Alternate streamlined kick movements, without aids, up to 5m			
Big arm movement to pull through the water for up to 5m			
Combined arm and leg action on front and back			
Changes direction of travel while swimming			
Level Passed :	Date :		

# Level 3 : Flying Fish



Name :		Class :	
Date Commenced :			
Objectives	Developing	Refining	Proficient
Star float on front and back for 10+ seconds			
Treading water for 5+ seconds			
Submerges and pushes off the bottom of the pool to resurface			
Beginning to “rocket” dive from side of pool			
Coordinated leg straight kick and over arm pull freestyle			
‘Pop Up’ breathing in freestyle for 1 pool width			
Coordinated leg straight kick and arm pulls for backstroke			
“Chin in – tummy up” body position in backstroke			
Leg straight kick on front and back with kick board for 1 pool width			
Beginning to streamlined body position in freestyle and backstroke			
Level Passed :	Date :		





# Level 4 : Barracudas



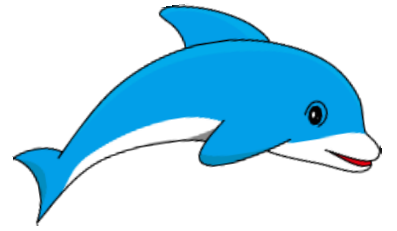
Name :		Class :	
Date Commenced :			
Objectives	Developing	Refining	Proficient
Star float on front and back and perform roll between			
Treading water for 10+ seconds			
“Rocket dive” entry from diving block (sometimes inconsistent)			
Swims underwater for 5+ meters			
Streamlined push off followed by elementary dolphin kick on front and back			
Freestyle with combined bilateral and “pop up” breathing for 2 continuous pool widths			
Over arm pull backstroke for 2 continuous pool widths			
In-out-close breaststroke kick pattern			
Level Passed :	Date :		

# Level 5 : Manta Rays



Name :		Class :	
Date Commenced :			
Objectives	Developing	Refining	Proficient
Treading water for 30+ seconds			
Shallow, consistent, streamlined "rocket dive" from diving block			
Swims underwater for 10+ meters			
Consistent 2 stroke breathing freestyle for 50 meters			
Coordinated arm pull – leg kick backstroke for 50 meters			
Coordinated kick, glide, big arms breaststroke for 50 meters			
Undulation movement butterfly, arms sometimes breaking surface			
Level Passed :	Date :		

# Level 6 : Dolphins



Name :		Class :	
Date Commenced :			
Objectives	Developing	Refining	Proficient
Treading water for 1+ minute			
Consistent “rocket dive” followed by 3+ meter underwater swim			
Consistent 3 stroke bilateral breathing freestyle for 75 meters			
Consistent good technique backstroke for 75 meters			
Pull-breath-kick-glide breaststroke pattern with “small scoop” arm movement for 75 meters			
Undulation movement butterfly with big arms for 25 meters			
Level Passed :	Date :		

# Level 7 : Sharks



Name :		Class :	
Date Commenced :			
Objectives	Developing	Refining	Proficient
Successful underwater dolphin kick for 10+ meters			
Bilateral breathing freestyle with high elbows for 100 meters			
Straight arm pull backstroke with shoulder rotation for 100 meters			
Kick-glide breaststroke pattern with "small scoop" arm movement for 100 meters			
Undulation movement butterfly with big arms for 50 meters			
Level Passed :	Date :		

*Level 1: Clown Fish*



THIS CERTIFICATE IS PROUDLY PRESENTED TO

**Name**

**Class**

**Well done on successfully completing level 1 of  
NAS Swimming Programme.**



NORD ANGLIA  
SCHOOL  
JAKARTA

**Date**

**Teacher**