

Love to Swim's Autism Swim Programme

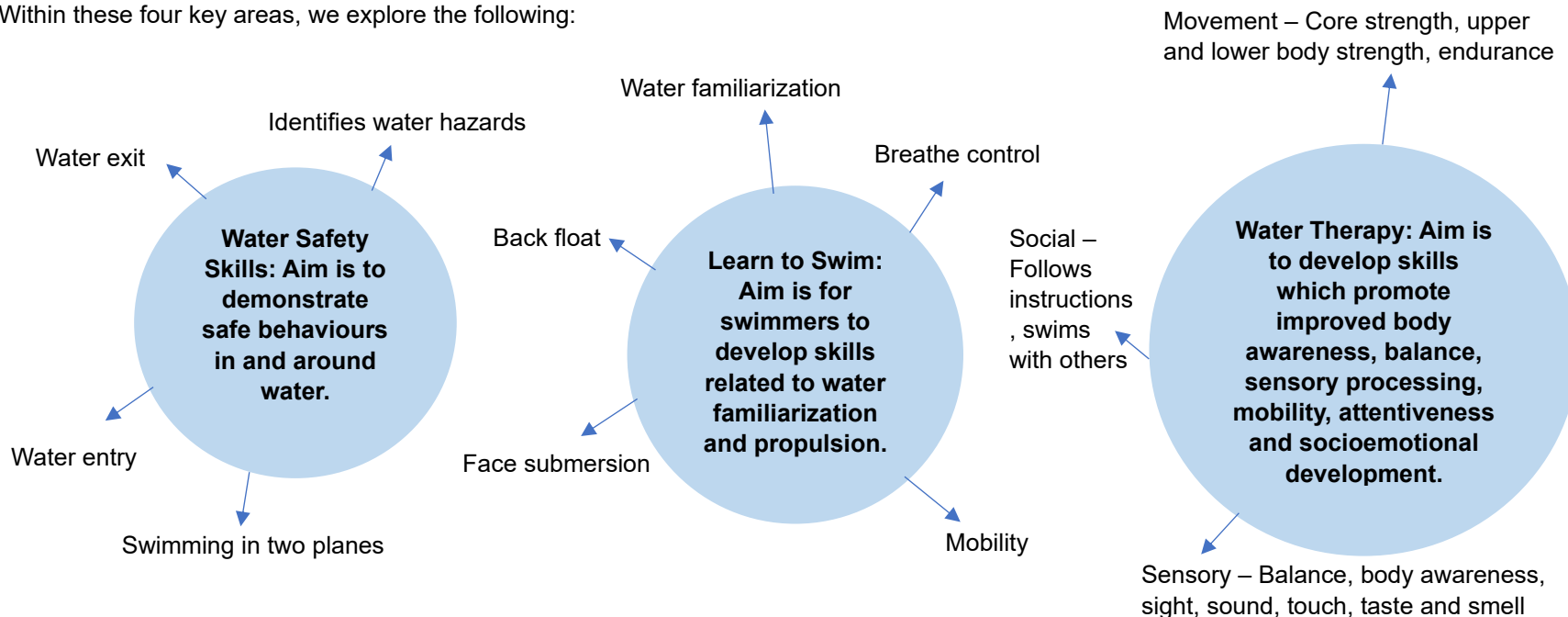
Acknowledgement of bodies:



As an Autism Swim provider, we ensure to target four key areas:

1. **Water Therapy** – this includes water familiarisation, ensuring there is comfort in the water and therapeutic benefits of water are encouraged.
2. **Safety And Drowning Prevention** – this ensures pupils have a better understanding of the risks around themselves and others, enforcement of holding onto the side of the pool and being able to float on one's back to indicate for help.
3. **Swimming Skill Sets** – this ensures a pupil can float, kick and move their arms as a functional swim stroke.
4. **Generalising Skills** – this encourages extension of skills already obtained through generalisation of learned skills into other bodies of water, as well as exploration of other activities which use swimming for example, water polo, synchronised swimming or surfing.

Within these four key areas, we explore the following:





We have ensured to incorporate Swim England's framework of Stages 1-7. It ensures there are a clear set of targets for pupils to meet. It also parallels with the values of Autism Swim approval, ensuring pupils can develop their confidence and skill strokes, giving one the ability to participate in a range of water-based activities.

Stages of Progression

Ducking and Under 5s

Swim England Leading Outcomes

Ducking 1

1. Make a supervised safe entry with adult support if required.
2. Float on back with adult support behind the head without floatation equipment.
3. Blow bubbles at the water surface.
4. Wet the head without submersion.
5. Kick 5 metres on back with adult support.
6. Travel without adult support for 2 metres to a floating object.
7. Enter the pool, rotate, and return to the side with adult support.
8. Exit the water safely with minimal adult support.

Duckling 2

1. Make a sitting entry with adult support if required.
2. Rotate 180 degrees either using a log roll or an upright position, using floatation equipment and without adult support.
3. Submerge the face with confidence and without force under adult supervision.
4. Blow an object for a distance of 2 metres.
5. Travel 3 metres using arms and/or legs without adult support.
6. Move 5 metres along the rail or wall without adult support.
7. Enter the pool, rotate and return to the side with minimal adult support.
8. Exit the water safely with minimal adult support.

		<p>Duckling 3</p> <ol style="list-style-type: none"> 1. Make a supervised jump to an adult with or without support. 2. Float on the front or back without adult support. 3. Push off on the front or back in a streamlined shape from a supporting adult. 4. Blow bubbles with the mouth and nose underwater. 5. Travel 5 metres on the front to the side of the pool without adult support. 6. Kick 5 metres on the front holding a float (the adult may hold the other end of the float). 7. Enter the pool, rotate and return to the side without adult support. 8. Climb out of the water with adult support if required. <p>Duckling 4</p> <ol style="list-style-type: none"> 1. Jump into the water unaided but supervised. 2. Perform a mushroom or star float. 3. Rotate 360 degrees either using a log roll or an upright position. 4. Push and glide achieving a streamlined position on the front or back. 5. Submerge completely. 6. Travel 10 metres on the front or back, without adult support. 7. Jump into the water, turn around, swim back to the point of entry and hold on to the side or rail. 8. Climb out of the water with adult support if required.
Integration of Autism Swim Key Areas	Water Therapy	Be able to wash face with water.
	Safety And Drowning Prevention	Be able to walk slowly around the pool and climb in with assistance.
	Swimming Skill Sets	Be able to hold onto the rail or poolside.
	Generalising Skills	Be able to engage in group game involving splashing of water with hands or feet.
	<i>Exemplar Adaptations and Considerations</i>	<ul style="list-style-type: none"> • <i>Use of cue or image cards for visualisation.</i>

Stage 1

Swim England Leading Outcomes		<p>9. Enter the water safely (walks safely to the water – water safety skills).</p> <p>10. Move forward for a distance of 5 metres, feet may be on or off the floor.</p> <p>11. Move backwards for a distance of 5 metres, feet may be on or off the floor.</p> <p>12. Move sideways for a distance of 5 metres, feet may be on or off the floor.</p> <p>13. Scoop the water and wash the face (water familiarisation).</p> <p>14. Be comfortable with water showered from overhead.</p> <p>15. Move from a flat floating position on the back and return to standing.</p> <p>16. Move from a flat floating position on the front and return to standing.</p> <p>17. Push and glide in a flat position on the front from a wall.</p> <p>18. Push and glide in a flat position on the back from a wall.</p> <p>19. Give examples of two pool rules.</p> <p>20. Exit the water safely (water safety skills).</p>
Integration of Autism Swim Key Areas	Water Therapy	Be able to pour water: arm → shoulder → over one's head.
	Safety And Drowning Prevention	Be able to climb into the pool safely.
	Swimming Skill Sets	Be able to walk in the water, move across holding the bar, or using equipment such as a noodle.
	Generalising Skills	Be able to engage in free play with supervised independence, if appropriate.
	<i>Exemplar Adaptations and Considerations</i>	<ul style="list-style-type: none"> • <i>Repetition of phrases such as, "1, 2, 3, pour the water".</i>

Stage 2

Swim England Leading Outcomes	<ol style="list-style-type: none"> 1. Jump in from poolside safely (to eventually without caregiver – water safety skills). 2. Blow bubbles a minimum of three times rhythmically, with nose and mouth submerged (breath control). 3. Move from a flat floating position on the back and return to standing without support. 4. Move from a flat floating position on the front and return to standing without support. 5. Push from a wall and glide on the back – arms can be by the side or above the head. 6. Push from a wall and glide on the front with arms extended. 7. Travel using a recognised leg action with feet off the pool floor on the back for 5 metres, without the use of floatation equipment. 8. Travel using a recognised leg action with feet off the pool floor on the front for 5 metres, without the use of floatation equipment. 9. Perform a tuck to rotate from a flat floating position on the front, to a back floating position, then return to standing (swimming in two planes – water safety skills). 10. Perform a tuck to rotate from a flat floating position on the back, to a front floating position, then return to standing (swimming in two planes – water safety skills). 11. Perform a log roll from the back to the front. 12. Perform a log roll from the front to the back. 13. Exit the water without support (after receiving confirmation from the instructor – water safety skills). 										
Integration of Autism Swim Key Areas	<table border="1"> <tr> <td data-bbox="280 970 481 1018">Water Therapy</td> <td data-bbox="481 970 696 1018">Be able to blow bubbles for 3 seconds.</td> </tr> <tr> <td data-bbox="280 1018 481 1066">Safety And Drowning Prevention</td> <td data-bbox="481 1018 696 1066">Be able to exit shallow and or deep end of pool ledge independently.</td> </tr> <tr> <td data-bbox="280 1066 481 1114">Swimming Skill Sets</td> <td data-bbox="481 1066 696 1114">Holds kickboard, pushes off from wall or floor to glide in the water, adding a kick.</td> </tr> <tr> <td data-bbox="280 1114 481 1161">Generalising Skills</td> <td data-bbox="481 1114 696 1161">Be able to collect toys from around the pool whether this be floating or sinkers for those more confident.</td> </tr> <tr> <td data-bbox="280 1161 481 1251"><i>Exemplar Adaptations and Considerations</i></td> <td data-bbox="481 1161 696 1251"> <ul style="list-style-type: none"> • <i>Verbal prompts such as “first → then”.</i> </td> </tr> </table>	Water Therapy	Be able to blow bubbles for 3 seconds.	Safety And Drowning Prevention	Be able to exit shallow and or deep end of pool ledge independently.	Swimming Skill Sets	Holds kickboard, pushes off from wall or floor to glide in the water, adding a kick.	Generalising Skills	Be able to collect toys from around the pool whether this be floating or sinkers for those more confident.	<i>Exemplar Adaptations and Considerations</i>	<ul style="list-style-type: none"> • <i>Verbal prompts such as “first → then”.</i>
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Stage 3

Swim England Leading Outcomes		<ol style="list-style-type: none"> 1. Jump in from poolside and submerge. 2. Sink, push away from wall and maintain a streamlined position. 3. Push and glide on the front with arms extended and log roll onto the back. 4. Push and glide on the back with arms extended and log roll onto the front. 5. Travel 5 metres on the front, perform a tuck to rotate onto the back and return on the back. 6. Fully submerge to pick up an object (taste and smell – water therapy). 7. Correctly identify three of the four key water safety messages (identifies water hazards – water safety skills). 8. Push and glide and travel 10 metres on the back. 9. Push and glide and travel 10 metres on the front. 10. Perform a tuck float and hold for three seconds (core strength – water therapy). 11. Exit the water without using steps (using pool ledge independently – water safety skills).
Integration of Autism Swim Key Areas	Water Therapy	Be able to pull knees up to one's chest in deep water.
	Safety And Drowning Prevention	Be able to identify rules in the aquatic environment, is aware of depths and is able to relay these.
	Swimming Skill Sets	Be able to flutter kick independently any stroke across a body of water, maintaining streamline.
	Generalising Skills	Be able to use water mats to travel around the pool.
	<i>Exemplar Adaptations and Considerations</i>	<ul style="list-style-type: none"> • <i>Demonstrations of skill sets.</i>

Stage 4

Swim England Leading Outcomes		<ol style="list-style-type: none"> 1. Perform a sequence of changing shapes (minimum of three) whilst floating on the surface and demonstrate an understanding of floating. 2. Push and glide from the wall towards the pool floor. 3. Kick 10 metres backstroke (one item of equipment optional) (lower body strength – water therapy). 4. Kick 10 metres front crawl (one item of equipment optional). 5. Kick 10 metres butterfly on the front or on the back. 6. Kick 10 metres breaststroke on the front (one item of equipment optional). 7. Perform a headfirst sculling action for 5 metres in a flat position on the back. 8. Travel on back and log roll in one continuous movement onto front. 9. Travel on front and log roll in one continuous movement onto back. 10. Push and glide and swim 10 metres, choice of stroke is optional.
Integration of Autism Swim Key Areas	Water Therapy	Be able to navigate around the pool avoiding obstructions including other swimmers.
	Safety And Drowning Prevention	Be able to follow a one, two and or three-step spoken instruction immediately, and recall the instruction after 5 minutes (sound and social – water therapy).
	Swimming Skill Sets	Be able to hold a kickboard and push off from wall or floor to glide in the water.
	Generalising Skills	Be able to complete a series of movements in the water involving shapes or strokes, as one wishes.
	<i>Exemplar Adaptations and Considerations</i>	<ul style="list-style-type: none"> • <i>Physical and verbal assistance e.g., tolerates partial physical prompts (touch – water therapy).</i>

Stage 5

Swim England Leading Outcomes	<ol style="list-style-type: none"> 1. Perform a flat stationary scull on the back. 2. Perform a feet first sculling action for 5 metres in a flat position on the back. 3. Perform a sculling sequence with a partner for 30-45 seconds to include a rotation. 4. Tread water for 30 seconds. 5. Perform three different shaped jumps into deep water. 6. Push and glide and swim 10 metres backstroke (performed to Swim England expected standards). 7. Push and glide and swim 10 metres front crawl (performed to Swim England expected standards). 8. Push and glide and swim 10 metres breaststroke (performed to Swim England expected standards). 9. Push and glide and swim 10 metres butterfly (performed to Swim England expected standards). 10. Perform a handstand and hold for a minimum of three seconds (upper body strength – water therapy). 11. Perform a forward somersault. 12. Demonstrate an action for getting help. 										
Integration of Autism Swim Key Areas	<table border="1"> <tr> <td data-bbox="282 738 698 786">Water Therapy</td> <td data-bbox="698 738 2132 786">Be able to sit at the bottom of the pool.</td> </tr> <tr> <td data-bbox="282 786 698 834">Safety And Drowning Prevention</td> <td data-bbox="698 786 2132 834">Be able to immerse face in water, for example during front float, without goggles.</td> </tr> <tr> <td data-bbox="282 834 698 882">Swimming Skill Sets</td> <td data-bbox="698 834 2132 882">Be able to kick, paddle or take an arm stroke, and breathe simultaneously.</td> </tr> <tr> <td data-bbox="282 882 698 930">Generalising Skills</td> <td data-bbox="698 882 2132 930">Be able to do a handstand under the water.</td> </tr> <tr> <td data-bbox="282 930 698 1023"><i>Exemplar Adaptations and Considerations</i></td> <td data-bbox="698 930 2132 1023"> <ul style="list-style-type: none"> • <i>Use of social stories or cue cards.</i> </td> </tr> </table>	Water Therapy	Be able to sit at the bottom of the pool.	Safety And Drowning Prevention	Be able to immerse face in water, for example during front float, without goggles.	Swimming Skill Sets	Be able to kick, paddle or take an arm stroke, and breathe simultaneously.	Generalising Skills	Be able to do a handstand under the water.	<i>Exemplar Adaptations and Considerations</i>	<ul style="list-style-type: none"> • <i>Use of social stories or cue cards.</i>
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Stage 6

Swim England Leading Outcomes		<ol style="list-style-type: none"> 1. Give two examples of how to prepare for exercise and understand why it is important. 2. Sink, push off on side from the wall, glide, kick and rotate into backstroke. 3. Sink, push off on side from the wall, glide, kick and rotate into front crawl. 4. Swim 10 metres wearing clothes. 5. Push and glide and swim front crawl to include at least six rhythmical breaths. 6. Push and glide and swim breaststroke to include at least six rhythmical breaths. 7. Push and glide and swim butterfly to include at least three rhythmical breaths. 8. Push and glide and swim backstroke to include at least six regular breaths. 9. Push and glide and swim 25 metres, choice of stroke is optional (performed to Swim England expected standards). 10. Perform a 'shout and signal' rescue. 11. Perform a surface dive.
Integration of Autism Swim Key Areas	Water Therapy	Be able to tolerate being watched by other swimmers during the lesson.
	Safety And Drowning Prevention	Be able to exit the pool safely after jumping or diving in the deep end of pool.
	Swimming Skill Sets	Be able to maintain hold and use equipment functionally.
	Generalising Skills	Be able to engage in an activity where there is throwing and catching of a ball.
	<i>Exemplar Adaptations and Considerations</i>	<ul style="list-style-type: none"> • <i>Following a visual schedule or providing visual options of equipment (sight – water therapy).</i>

Stage 7

Swim England Leading Outcomes	<ol style="list-style-type: none"> 1. Push and glide and swim 25 metres backstroke (performed to Swim England expected standards) (endurance movement – water therapy). 2. Push and glide and swim 25 metres front crawl (performed to Swim England expected standards). 3. Push and glide and swim 25 metres breaststroke (performed to Swim England expected standards). 4. Push and glide and swim 25 metres butterfly (performed to Swim England expected standards). 5. Perform a movement sequence (linking skills with strokes and sculls) of one minute duration, in a group of three or more, incorporating a number of the following skills: Sculling: headfirst, feet first (body awareness – water therapy). 6. Rotation: forward or backward somersault, log roll (mobility) 7. Floating: star on the front or on the back, tuck float, create own (sensory motor balance – water therapy) 8. Eggbeater: Moving, lifting one or both arms out of the water 9. Perform a sitting dive or dive.
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Integration of Autism Swim Key Areas	Water Therapy	Be able to stop a movement quickly in water.
	Safety And Drowning Prevention	Be able to be comfortable with feet being off the pool floor.
	Swimming Skill Sets	Be able to maintain a stroke consistently for an agreed length.
	Generalising Skills	Be able to swim alongside other swimmers and engage in a race or complete an obstacle course (social – water therapy).
	<i>Exemplar Adaptations and Considerations</i>	<ul style="list-style-type: none"> • <i>Use of an alarm or buzzer.</i>