

The ASA Foundation Framework

The ASA Foundation Framework is about building the beginnings of a lifelong love of water. Every child should be given a chance to learn to swim and feel like they are comfortable and able to do so in any situation. This is why the ASA believes that the first experiences during a child's early years, of water and the pool environment, should be positive, fun and memorable.

The ASA Foundation Framework, Confidence, and Awards

The key focus areas of the Foundation Framework are

1. Giving children confidence from the word go.
2. Teaching the core skills needed to learn the four strokes through fun and games

The Foundation Framework is about helping to support younger, less independent swimmers, preschool children and babies. It also caters for toddlers, helping to keep them motivated if they are struggling with building water confidence. One of the ways to help keep them motivated is a range of bright awards with fun and friendly characters to reward them as they progress

Duckling Awards

These ASA Foundation Framework awards are a natural follow on from the Discovery Duckling awards. They are aimed at children who are old enough to follow instructions and can move on their own. They give the child more independence and start to build their confidence in water. These awards are used to slowly build up the child ready for the Learn to Swim Framework stages 1-7. Again these lessons will usually be given as an adult and child lesson, where both are in the water. They could also be held with small groups of children and teaching assistants in the water.

ASA Learn to Swim Framework Stages 1-7

The ASA Learn to Swim Framework is about developing confident and competent swimmers through fun and enjoyment, and stages 1-7 are at the heart of the ASA Learn to Swim Pathway. It is the most widely known part of swimming lessons for children and is the backbone of swimming lessons for primary school aged children. Each of the seven stages of the ASA Learn to Swim Framework has a clear set of targets for the pupil to meet so they can get to the next stage.

The ASA recommends that children don't just stop going to lessons once they can swim, increasing their competence in the water helps to make sure they can keep themselves safe.

This part of the Pathway not only teaches a child to swim using the four strokes. It also gives them a number of other skills, which when put together, give children the ability to do a range of other water-based sports. The ASA Learn to Swim Framework gives children confidence in their ability to swim. From this comes more enjoyment of swimming, a love for swimming and being

in the water and the skills and motivation required to lead a healthy and active lifestyle through regular swimming through to their adult life.

Fun and Games with the ASA Learn to Swim Framework

The easiest way for a child to learn a new skill is through fun and games. This Framework still has a high focus on having fun and enjoying being in the water. It takes a games-led approach to learning to swim, and gives the core aquatic skills needed to become competent swimmers. These are:

1. Entry
2. Exits
3. Flotation and Balance
4. Rotation and Orientation
5. Streamlining
6. Aquatic Breathing
7. Travel and Coordination
8. Water Safety
9. Health and Fitness

By learning and then mixing together these skills, a child will be able to understand the processes needed to swim all of the four strokes; front crawl, backstroke, breaststroke and butterfly.

ASA Learn to Swim Framework Stages 8-10

The ASA Learn to Swim Framework Stages 8-10 are about building sport specific skills to encourage focus on aquatic sports.

Developing aquatic skills doesn't have to stop just because a swimmer has learned to swim.

The ASA Learn to Swim Framework for Aquatic Skills gives a swimmer the chance to learn new skills specific to the other aquatic sports:

1. Diving
2. Synchronised swimming
3. **Competitive swimming**
4. Water polo

It is about extending the skills and abilities of young swimmers who would like to do more than swim.