



PRE COURSE
WORKBOOK



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Acknowledgements

Swim Alberta would like to thank the following in their efforts to design and contribute to the development of the I Can Swim Program as well as the teacher training.

Content Designers

Nathan Kindrachuk BKin, MA- Kinesiology

Kevin Dennis – Sport Development Director, Swim Alberta

Jackie Cool – Sport Development Director, Swim Alberta

Michelle Dawson - I Can Swim Coordinator, Swim Alberta

Contributors

Alex Dawson

Lindsey Thomas



About this Pre Course Workbook

This workbook has been designed to familiarize participants registered on an I Can Swim Teacher training course of the I Can Swim program, and how physical literacy, swimmer development and understanding the participants they will be teaching, are important factors to consider in their role as I Can Swim Teachers. It's important that the workbook is completed to the best of the participants knowledge as this will allow the I Can Swim Learning Facilitator to understand their audience better and adapt the course content as they feel necessary.

All participants registered on an I Can Swim Teacher training course must submit their completed workbook by the deadline date stated on their course registration confirmation.

Please email completed pre course workbooks to icanswim@swimalberta.ca

Acronyms and Definitions

- I Can Swim: pre-competitive swim program designed by Swim Alberta to teach children the foundational skills to become competitive swimmers.
- I Can Swim Teacher: individuals who have been certified to deliver the I Can Swim program.
- NCCP: National Coach Certification Program – Canada's system for educating coaches and managing their professional credentials.
- NCCP Swimming Teacher: individuals who have been recognized by the NCCP as certified swimming teachers. If someone is a certified I Can Swim Teacher, they are also an NCCP Swimming Teacher.
- Swim Teacher: a generic term for a person who delivers learn to swim or pre-competitive swimming programming. They may be trained to deliver programming through I Can Swim, Royal Lifesaving Society, swim schools, or swim clubs. I Can Swim is a program that is only delivered through swim clubs.
- Swim Coach: a generic term for someone who has been certified through an NCCP program who also delivers competitive swimming programming.
- Candidate: a person that is working to complete the I Can Swim Teacher certification process.
- I Can Swim Learning Facilitators: the person who delivers the I Can Swim Teacher training course and helps course participants understand their role and the certification process.
- I Can Swim Assessor(s): the person/people that supervise the Candidate during their 5 hours of practical teaching experience (a certified I Can Swim Teacher or NCCP certified Swim Coach.)
- I Can Swim Evaluator: the person who carries out the Candidates final evaluation and will grant or deny certification at the end of the process.
- Swim Alberta: is Alberta's Provincial Sport Organization for swimming. Swim Alberta is currently managing the I Can Swim program.
- EAP: acronym for "Emergency Action Plan" which is required as a part of the I Can Swim Teacher certification process.



Key Terms – Knowledge Check

Explain the difference between a swim teacher and a swim coach

What is the role of the I Can Swim Assessor?

What is the role of the I Can Swim Evaluator?

Why is the I Can Swim Evaluator an important role?

What do you think an Emergency Action Plan is?



What You Already Know!

Write three points explaining what you know about each of the following organizations or programs:

Swim Alberta or your Provincial Sport Organization that manages swimming

National Coaching Certification Program

Learn to Swim Programs

The I Can Swim Program

Your Swim Club / Local Swim Club

Your experience in swimming (so the I Can Swim Learning Facilitator knows more about you)



I Can Swim: Program, Principles and Values

I Can Swim is a pre-competitive swim program designed by Swim Alberta to teach children the foundational skills to become competitive swimmers. By learning these skills, I Can Swim promotes lifelong aquatic participation. These skills include the foundations in the four competitive swim strokes and the development of swim fitness.

Guiding Principles:

1. Inspiring children to have a lifelong passion for aquatic sports.
2. To lay the foundation for aquatic excellence through participation, fun and success.

Achieved through realizing the following program values:

1. Safety
2. Quality/Efficiency
3. Progress/Innovation
4. Collaboration

I Can Swim Outcomes for Program Participants

1. Water safety and independence when swimming
2. Introduction & progression of core aquatic skills
3. Teaching of the four competitive swim strokes
4. Fun & enjoyment in the water
5. Promotes a pathway into competitive swimming

Brainstorm a list of at least three things you can do as an I Can Swim Teacher to represent the Program, Principles and Values of the I Can Swim Program:



What is Physical Literacy?

Physical literacy is the development of fundamental movement skills and fundamental sport skills that permit a child to move confidently and with control in a wide range of physical activity, rhythmic (dance) and sport situations.

– *Canadian Sport for Life*

Individuals who are physically literate move with competence and confidence in a wide variety of physical activities in multiple environments that benefit the healthy development of the whole person.

– *Physical and Health Education Canada*

What are Fundamental Movement Skills?

Fundamental Movement Skills or FMS are the building blocks for the development of physical literacy. FMS are basic motor activities that underlie all complex specific activities and sport specific skills.

– *Canadian Sport for Life*

Physical Literacy and Fundamental Movement Skills (FMS)

In order to become physically literate, you must develop all fundamental movement skills and be able to perform them with confidence and competence.

Examples of Some Physical Literacy Skills

- *Skills directly linked to swimming are bold, italicized, and blue*

Object Control Skills	Balance/Movements	Travelling Skills	Aquatic Specific Skills
<i>Sending:</i> Kicking Punting Rolling (ball) Striking (ball, puck, ring) Throwing <i>Receiving:</i> Catching Stopping Trapping <i>Travelling with:</i> Dribbling (feet, hands, stick) <i>Receiving and Sending:</i> Striking (bat, stick) Volleyball	Balancing/centering <i>Body rolling</i> Dodging <i>Eggbeater</i> <i>Floating</i> <i>Landing</i> <i>Ready position</i> <i>Sinking/falling</i> <i>Spinning</i> <i>Stopping</i> <i>Stretching/curling</i> Swinging <i>Twisting/turning</i>	Boosting Climbing <i>Eggbeater</i> Galloping <i>Gliding</i> Hopping Ice picking <i>Jumping</i> Leaping Poling Running <i>Sculling</i> Skating Skipping Sliding <i>Swimming</i> Swinging Wheeling	<i>Blowing bubbles</i> <i>Floating</i> <i>Gliding</i> <i>Sculling</i> <i>Treading water</i> <i>Kicking</i> <i>Pulling</i> <i>Eggbeater</i>

–*Canadian Sport For Life*

<https://activeforlife.com/content/uploads/2013/01/Introduction-to-Physical-Literacy.pdf>



Practicing Physical Literacy Skills

- a. Throw an object into the air and catch 10 times with dominant hand.
- b. Bounce an object off the wall and catch it 10 times with dominant hand.
- c. Throw an object into the air and catch it 10 times with your non-dominant hand.
- d. Bounce an object off the wall and catch it 10 times with your non-dominant hand.

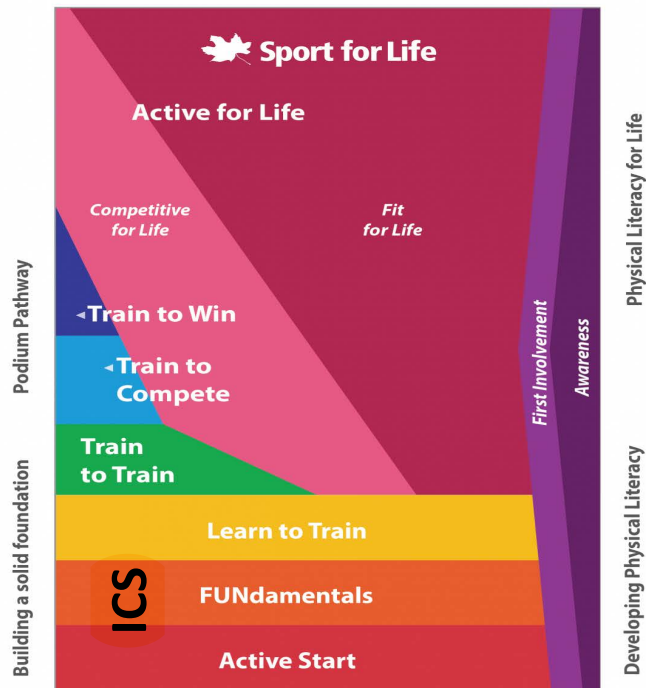
1. **What difference did you notice?** _____

2. **Do people all develop physical literacy skills the same way as each other?**



I Can Swim in Canadian Sport

Long-Term Development in Sport and Physical Activity



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I Can Swim facilitates programming in the Active Start and FUNDamentals sections of the LTD

What stage of the LTD are you currently participating in as a sport participant? (not a teacher or coach)



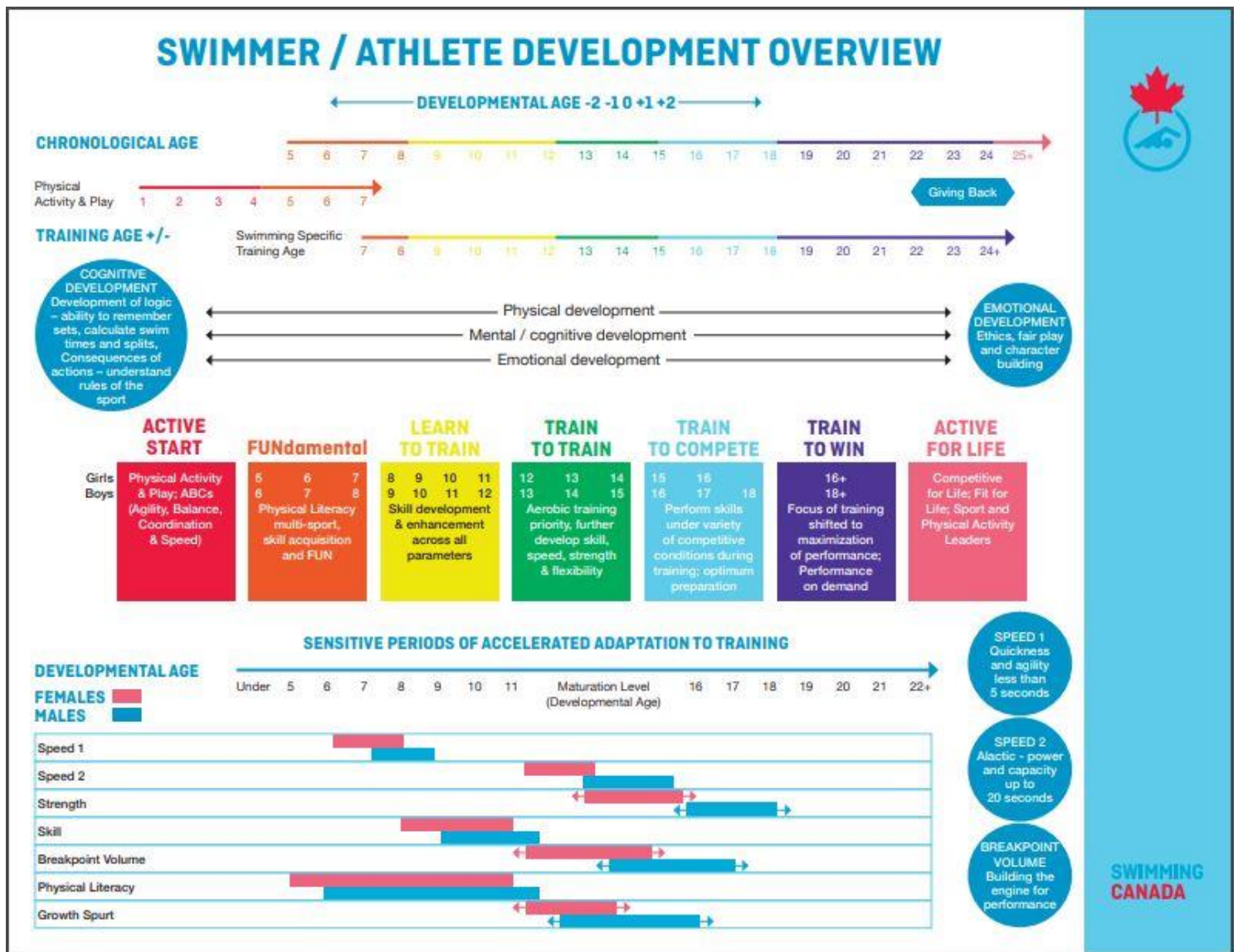
What are Fundamental Movement Skills?

How do Fundamental Movement Skills apply to I Can Swim lessons?

Why do you think the Government of Canada developed an inclusive model of sport?



I Can Swim Swimmer Development Priorities



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The above diagram highlights the key windows (opportunities) for growth in a swimmer's development for their physical, mental, and emotional skills. More specifically, it provides I Can Swim Teachers with the priorities for swimmers in the Active Start, FUNdamentals, and Learn to Train stages that overlap with the I Can Swim program.



Understanding the children you will be teaching!

I Can Swim Program Participants

- Children who are learning core aquatic swimming skills
- Targeted for children between ages of 5 and 9
- Registered with a Provincial Sport Organization as a pre-competitive or competitive member

To consider the context you will be teaching in, take 5 minutes and describe children (age 5-9) that you will be working with in each of the skill areas below. This will help you to adapt to them when teaching.

Physical Skills:

Learning Skills:

Focus Skills:

Social Skills:

Swimming Experience:

Emotional Management Skills:

Independence Skills:

Safety Skills:



Because of the general abilities of each participant in the above areas, I need to carefully consider how I teach by:

1. _____

2. _____

3. _____

