

Thank you for taking time to read our newsletter, we hope you'll find some of it useful for your teaching.

Practical hints for teaching water confidence

- Play moving through the water games. This increases confidence and coping with being splashed, off balance etc. Adapt land games such as trains, Simon Says, collect floating objects and here there where?
- Punch holes in the bottom of containers (e.g. round deli containers). Dribble water over the hair and face as preparation for blowing bubbles and submersion.
- When submerging don't let students hold their noses encourage them to hum a tune to blow their bubbles.
- Learning to float; hold two empty 2L milk bottles, one in each hand, the star fish shape is the most stable. Teach how to stand. Progress to streamline glide.
- See teacher guides in Teacher Toolbox, Pool Activities or State Kiwi Swim Safe manual for more ideas.



Photos: courtesy of Swimming NZ

Practical hints for teaching strokes

- When students can submerge, follow the sequences of FLAB: floating and streamlining, legs, arms then breathing for all strokes.
- Teach each skill dry first, e.g. hold a streamline position, kick while lying on a chair and big arms circles.
- Once in the water, repeat each skill statically with or without an aid, then moving with an aid then discard the aid.
- Use inquiry questioning in the pool and YouTube clips for correct technique.
- See Teacher Guides in Teacher Toolbox / Pool Activities. Contact us for planning assistance.

An aquatic census for your school

Be ahead of the times and create your own aquatic census before March 5th 2013, census day. It could be a class, year group, syndicate or whole school project.

Students could work in groups to create questions, manage the information gained and build a picture of aquatic participation, current ability or family interests.

This could be collated and displayed during open days or parent-teacher liaison times. Teachers could use the information to check that they're meeting the contextual needs of their students.

Teacher Guide A School Census and Aquatics

Conducting an aquatic census involves a number of steps and the information gained can be used to inform teaching and learning. This guide provides a range of ideas and activities to help schools and teachers to conduct an aquatic census.

The census could be used to:

- inform teaching and learning
- provide a baseline for future aquatic participation
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Wear a lifejacket

There were too many drownings in 2012 that could have been prevented by wearing a lifejacket. We can all help to increase the reach of this message and encourage students to create work that informs parents and community. Lifejackets can be loaned from us free of charge for practical work. Old lifejackets can be the focus of learning across the curriculum. So every student in the Auckland has the chance to learn to fit them properly, experience their buoyancy and insist on wearing them when on a small craft. Visit the new [lifejacket section](#) of the Teacher's Toolbox. <http://bit.ly/XqVYfF>



Modern



Showing the fill



Kapok filled

Inshore lifejackets pre and post 1960s



Professional Development and Learning

If you are planning to have a TOD or staff meeting based around aquatic education including ideas for work across the curriculum, water safety or learn to swim refreshers contact us for bookings at no cost.

State Kiwi Swim Safe bookings can be made with us for any term. This is the latest Swimming New Zealand programme. It has a holistic approach to school aquatic education as it has classroom, pool and beach sections.

Taking your class to the beach? Visit SafeSwim before you go

SafeSwim is an Auckland Council programme monitoring the water quality of 67 beaches and 10 freshwater lakes in the region. From November to 31 March each year many local beaches have the water tested for sewage pollution. As conditions can change quickly it is advisable to avoid swimming 48 hours after heavy rain (more than 10mm) and swimming by storm water outfalls or stream mouths. There are five beaches and two lakes with permanent health warnings posted. For full details visit [Safeswim](#) <http://bit.ly/ZESKfz>

To check conditions and other hazards at your favourite beaches visit www.findabeach.co.nz

Contact

For further information on any aspect of water safety education or for any resources you would like contact Jan or Angelo

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