



THE BRITISH INTERNATIONAL SCHOOL
BUDAPEST
A NORD ANGLIA EDUCATION SCHOOL

MAKING WAVES

**A DIVE INTO SWIMMING CONFIDENCE AND
COMPETENCY IN CHILDHOOD**

January 2024





THE BRITISH INTERNATIONAL SCHOOL
BUDAPEST

A NORD ANGLIA EDUCATION SCHOOL

WELCOME



AGENDA

- **Competence in early childhood**
- **BISB curriculum**
- **Misconceptions and concerns**
- **Benefits**
- **Supporting your child**



SWIMMING COMPETENCE IN EARLY CHILDHOOD



LIFE SKILLS & DROWNING PREVENTION

“Anyone can drown, no one should.”

DROWNING IS THE **3RD** LEADING CAUSE OF UNINTENTIONAL INJURY DEATH WORLDWIDE

THERE ARE AN ESTIMATED **360,000** ANNUAL DROWNING DEATHS WORLDWIDE.

GLOBALLY, THE **HIGHEST DROWNING RATES** ARE AMONG **CHILDREN 1-4 YEARS**, FOLLOWED BY CHILDREN **5-9 YEARS**

LEARNING TO SWIM CAN REDUCE THE RISK OF DROWNING BY 88% FOR 1 TO FOUR-YEAR-OLDS WHO TAKE FORMAL SWIM LESSONS.

Drowning is an under-recognized global public health issue.

KEY FACTS ABOUT DROWNING

360,000 people die from drowning every year

Over 90% of drowning deaths occur in low- and middle-income countries



About 60% of all drowning deaths are among those aged **under 30 years**

Males are twice as likely to drown as females



Drowning is the **3rd** leading cause of death for children aged 5-14 years

6 KEY DROWNING PREVENTION INTERVENTIONS

Provide safe places for pre-school children



Install barriers controlling access to water



Teach school-age children swimming and water skills



Build resilience and manage flood risks



Train bystanders in safe rescue and resuscitation



Set and enforce safe boating, shipping and ferry regulations



BISB SWIMMING CURRICULUM



SWIMMING LESSONS AT BISB

STAFF

Mr Vitalis, Mr Walker, Ms Crawley

LOGISTICS

Key Stage	Day	Duration	Pool
Early Years 2	Thursday (pm)	Fortnightly (all year)	Csillaghegy Pool
Key Stage 1	Monday and Tuesday (pm)	8 weeks	Szérűskert Pool
Key Stage 2 and 3	Monday and Tuesday (am)	4 weeks	Sun Palace Pool

SCHEDULING

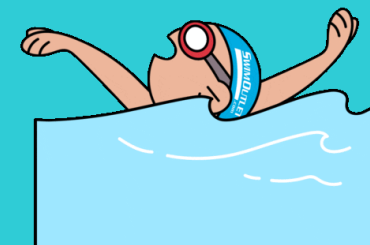
Pool availability – confirmed in September when Hungarian Schools and Swimming Clubs have also had their pool time scheduled

TIMETABLE

One class per year group will swim at a time (5 months to complete all lessons)

More indoor school facilities available for PE lessons if classes swim off-site over colder months

Disruption to lessons towards the end of the school year with trips, Sports Days, school events etc.



SWIMMING LESSONS AT BISB

LESSON CONTENT

EY and KS1 – enjoyment and water confidence
KS2 and 3 – technique development and refinement
BISB Swimming Awards (age related expectations)



Swimming Stage

STARFISH

1



- Be at ease with water showered from overhead
- Enter the water safely, unaided but supervised
- Blow bubbles at the water surface
- Move 5 meters along the rail or wall without adult support
- Enter the pool, rotate and return to the side with adult support
- Travel without adult support for 2 meters to a floating object
- Kick 5 meters on back with adult support
- Travel 3 meters using arms and/or legs without adult support
- Move into a stretched floating position using equipment, aids or support.
- Exit the water safely with minimal adult support



Swimming Stage

OCTOPUS

4



- Perform a sequence of changing shapes whilst floating at the surface (star on front and back and mushroom) for 3 seconds
- Fully submerge to collect an object from the teacher's hand
- Kick 10 meters front crawl (float optional)
- Kick 10 meters backstroke (float optional)
- Kick 10 meters breast stroke on front (float optional)
- Kick 10 meters breast stroke on back with float
- Demonstrate Push and Glide for 3m unaided
- Demonstrate an understanding of buoyancy
- Demonstrate resilience when mastering the above swimming tasks
- Describe 1 strength and 1 area for further practice



Swimming Stage

SHARK

8



- Complete a set lasting 400 meters (e.g. 16 x 25m) on a specific turnaround time set by the teacher (e.g. 1min for each 25m)
- Swim 400 meters continuously using a minimum of 3 strokes
- Swim butterfly technique 25m
- Perform a front crawl turn from 10 meters in to 15 meters out
- Perform a backstroke turn from 10 meters in to 15 meters out
- Perform a breast stroke turn from 10 meters in to 15 metres out
- Perform a butterfly turn from 10 meters in to 15 metres out
- Perform a dive and backstroke start
- Demonstrate resilience when mastering the above swimming tasks
- Analyse and evaluate swimming performance, identifying more subtle strengths and areas for improvement



SWIMMING MISCONCEPTIONS AND CONCERNS



MISCONCEPTIONS

ILLNESS AND WEATHER

Exposure to cold temperatures does not have a cause-and-effect relationship with colds or other similar illnesses.

"Experiments involving inoculation of common cold viruses into the nose, and periods of cold exposure, have failed to demonstrate any effect of cold exposure on susceptibility to infection with common cold viruses. Present scientific opinion dismisses any cause-and-effect relationship between acute cooling of the body surface and common cold". National Library of Medicine (2023)

"Colds are caused by viruses, most commonly by rhinoviruses". The Science of Health, University Hospitals (2021)

Going out into the winter cold with wet hair may make you uncomfortable, it won't make you come down with a cold.

"Colds and flu are caused by viruses, not cold or inclement weather. In order to get an infection, you need to be exposed to an infectious agent first". Reliant Medical Group (2020)

"Colds and flu are respiratory illnesses that are caused by different viruses. You can catch a cold or flu if you come into contact with one of these viruses, often from someone else who's already infected". Bupa (2023)

"You cannot get sick from simply going outside with wet hair. Hair being wet is not the cause for catching a cold. A microorganism, such as a virus, has to be involved to cause a cold." Cleveland Clinic, Health Essentials (2021)

PREVENTATIVE MEASURES

- **Wash Hands and Avoid Close Proximity to People with Colds**
- **Regular Exercise**
- **Sleep and Minimise Stress Levels**

The Science of Health, University Hospitals (2021)

Despite the research, we appreciate being exposed to the cold with wet hair can be uncomfortable. Therefore...

ADDRESSING CONCERNS

OUR GUARANTEES

Pool Temperature

Carefully regulated to maximise comfort when swimming.

Pool/Changing Facilities

Temperature carefully controlled.

Large and spacious.

Hair Drying

Changing facilities equipped with hair dryers in all pools.

Supplemented with additional hair dryers we provide.

Adequate hair drying time.

Transport

Door to door collection/drop off (minimal time outside).

Heated buses.

Hats

We provide swimming hats for those who may forget.

Recommended hats for minimising wet hair – silicone.



SWIMMING BENEFITS



SWIMMING BENEFITS AND HEAD, HEART, HANDS



HEAD *"Cognitive"*

- Learning beyond the classroom environment
- Academic performance – ambidextrous activity
- Improved memory, literacy and numeracy skills
- Improves concentration
- Increased blood flow to brain



HEART *"Socio-emotional"*

- Language and social skills
- Confidence and self-esteem
- Resilience – self paced activity
- Meditative effects – minimise fear later years
- Build relationships
- Fun! Bonding experience!



HANDS *"Physical"*

- Cardiovascular/respiratory benefits
- Gross motor skills – strength flexibility, balance, coordination, posture
- Joints – 20-30% more mobility than playground sports
- Increases energy levels
- Improves digestion

SWIMMING BENEFITS: WELL-BEING

- **Improves sleep patterns (releases endorphins)**
- **Reduces stress and anxiety** – calming, soothing nature of swimming
- **Reduce risk of depression**
- **Foster a sense of independence** – through personal goal setting and accomplishments
- **Boosts appetite** – good for combatting some challenging eating behaviours/picky eaters
- **Emotional Regulation** – constructive outlet for emotional expression and regulation
- **Mindfulness** – rhythmical strokes encourages meditative state promoting mental clarity
- **Lifelong asset** – enjoy all water activities
- **Encourage lifelong healthy, active lifestyle**

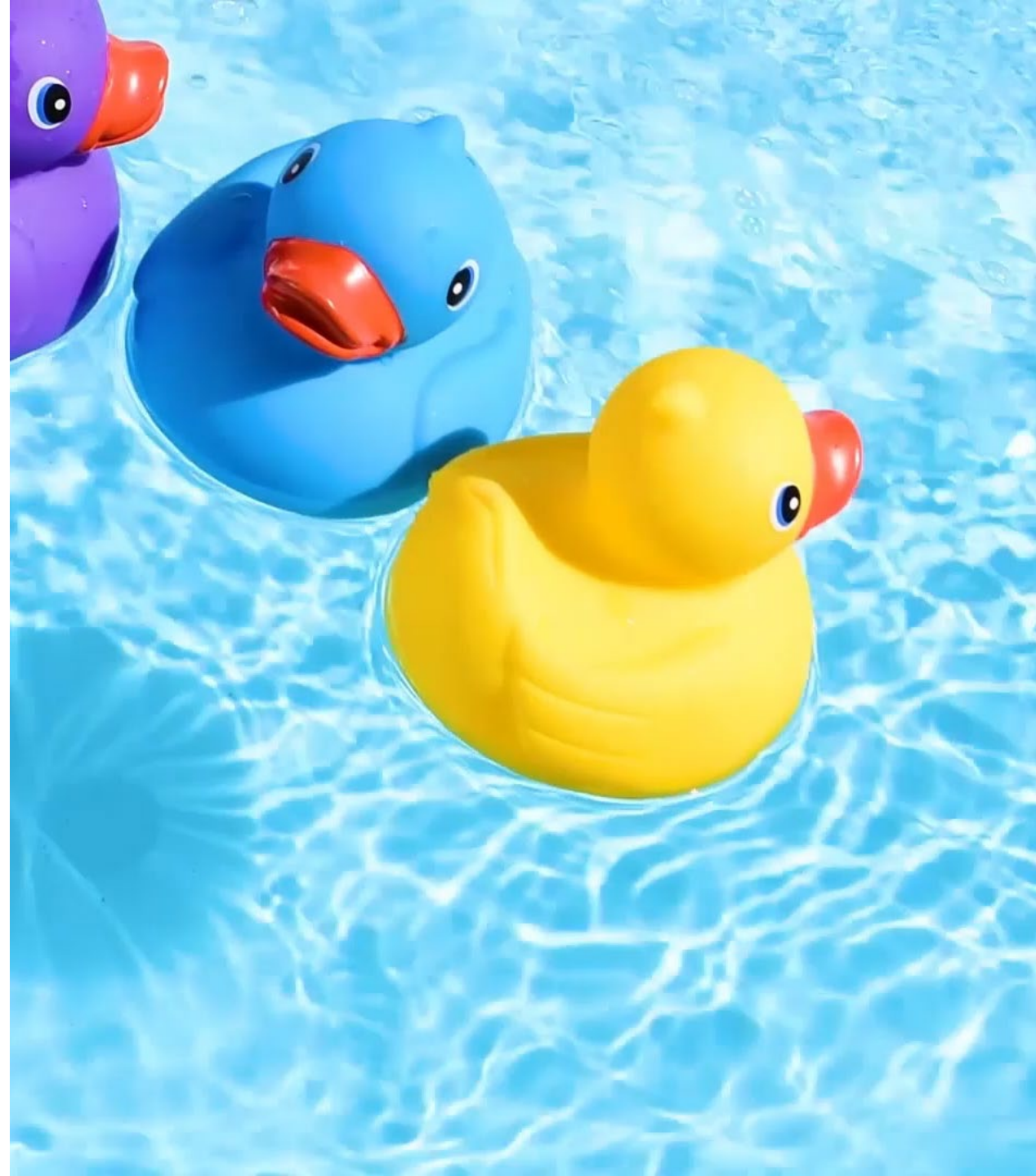


SUPPORTING YOUR CHILD'S SWIMMING DEVELOPMENT



SUPPORT US TO SUPPORT YOUR CHILD

- **ATTENDANCE / PARTICIPATION**
- **POSITIVE, FUN EXPERIENCES WITH WATER**
- **SWIMMING CLUBS**
- **OPEN COMMUNICATION**





THE BRITISH INTERNATIONAL SCHOOL
BUDAPEST

A NORD ANGLIA EDUCATION SCHOOL

QUESTIONS?



Just keep swimming





THE BRITISH INTERNATIONAL SCHOOL
BUDAPEST

A NORD ANGLIA EDUCATION SCHOOL

THANK YOU

SOURCES

- Amateur Swimming Association (ASA) (2008) School swimming and water safety: Support for schools and teachers from the ASA. Loughborough: Loughborough University, The ASA*
- Cook, N. (2004) Swimming Balance. SLB Coaching and Training Systems Available at: <http://www.slbcoaching.com/trainingInformation.asp?Id=56>*
- Eccles R. Acute cooling of the body surface and the common cold. *Rhinology*. 2002 Sep;40(3):109-14. PMID: 12357708*
- Howells K. and Bowen J. (2016) Physical Activity and Self-Esteem- Jonny's Story. *Education 3 -13: International Journal of Primary, Elementary and Early Years Education (Special Edition) 44, (5) DOI:10.1080/03004279.2016.1171572**
- McMahon, M. (1997) Social Construction and the World Wide Web – A Paradigm for Learning. Paper presented at the ASCILITE conference. Perth, Australia*
- Office for Standards in Education (Ofsted) (2008) Learning outside the classroom Reference no: 070219 London: HMSO*
- Turley, K. (1997) Cardiovascular Responses to Exercise in Children in *Sports Medicine Vol 24: 4 pp.241 – 257**
- Waite, S. (2011) Children Learning Outside the Classroom: From Birth to Eleven. London: SAGE Publications Ltd*
- <https://aquastarswim.com.au/blog/the-benefits-of-early-swim-education-for-children/>
- <https://asm.org/articles/2022/january/winter-is-coming-cold-weather-infections-past-and>
- <https://bigblueswimschool.com/blog/back-to-school-benefits-of-swimming>
- <https://davinasswimhouse.com/5-benefits-of-year-round-swimming-lessons-for-kids/>
- <https://www.hamptonswimschool.com.au/the-life-long-benefits-of-childhood-swimming>
- <https://health.clevelandclinic.org/can-wet-hair-make-you-sick>
- <https://www.medicalnewstoday.com/articles/is-it-bad-to-sleep-with-wet-hair#effects-of-wet-hair>
- <https://newsnetwork.mayoclinic.org/discussion/can-wet-hair-make-you-sick/>
- <https://www.parentcircle.com/health-benefits-of-swimming-for-kids/article>
- <https://weaquatics.com/blog/top-10-benefits-of-swimming-lessons-for-children/>
- <https://sites.psu.edu/siowfa14/2014/10/21/wet-hair-should-i-care/>
- <https://www.stopdrowningnow.org/drowning-statistics/>
- <https://www.uhhospitals.org/blog/articles/2021/11/can-you-catch-a-cold-by-going-outside-with-wet-hair>
- <https://www.un.org/en/observances/drowning-prevention-day>
- <https://www.washingtonpost.com/wellness/2023/12/08/cold-weather-wet-hair-sick/>
- https://www.who.int/violence_injury_prevention/en/