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Script

The Halliwick Association of Swimming Therapy

Activities Used in Teaching
The Ten Point Programme

Written, produced and directed by

Ann Gresswell and Beryl Kelsey

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This programme has been prepared for people who have attended a Halliwick Foundation Course

The aim is to serve as a reminder of some of the activities and should be used in conjunction with the Foundation Course Hand Book and the Halliwick AST video 'Entries, Exits and Supports'.

For all activities the appropriate level of support should be given for that individual swimmer. In this programme only one support for each activity may be shown.

We have not always used experienced swimmers for this video. To give a realistic picture of teaching the Halliwick Concept, some of the swimmers were new to the skills, having their first instruction of a particular skill immediately prior to filming.

Some activities shown in the video 'Entries, Exits and Supports' will not be repeated.

The order that the activities on each Point are shown in this video, gives a guide to the order in which they are introduced to the swimmer.

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THE TEN POINT PROGRAMME

Point 1	Mental Adjustment
Point 2	Disengagement
Point 3	Transversal Rotation Control
Point 4	Sagittal Rotation Control
Point 5	Longitudinal Rotation Control
Point 6	Combined Rotation Control
Point 7	Upthrust
Point 8	Balance in Stillness
Point 9	Turbulent Gliding
Point 10.	Simple Progression and Basic Swimming Movement

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Point 1 - Mental Adjustment

The first point we shall look at is Mental Adjustment

Activities on breath control

starting with breath control

A variety of activities give the swimmer experience of wetting the face and learning to blow and hum while bringing the face near to the water.

i	Cup hands and lift water up and blow
ii	Blowing toys and musical instruments
iv	Wash faces making a noise
v	Blowing a large ball**,** progressing to blowing a small ball or a wet sponge
vi	Blowing an egg and then trying to flip it over. Make sure the arms are body width apart so they are not creating turbulence
viii	Blowing bubbles
ix	Humming
x	Submerging while blowing or humming
xi	Breathing rhythmically

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Swaying

Swaying helps to release unnecessary tension and therefore helps develop mental adjustment

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Point 2 – Disengagement

The second point, Disengagement is the process of the swimmer becoming independent. The different aspects of Disengagement are discussed on the Foundation course.
Many of the activities shown in this video demonstrate the different aspects of disengagement. For example in 'Pass the Parcel' being demonstrated here, the swimmers are disengaging from their instructors and from the pool-floor.
All subsequent activities have a Mental Adjustment and Disengagement component

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Point 3 - Transversal Rotation Control

Transversal rotation is the control of forward and backward movements around the transverse axis.

The next four activities allow the control of transversal rotation, by inhibiting the tendency to fall forwards or backwards

Walking forwards and backwards

Walking forwards and backwards is a useful activity to learn transversal rotation control as well as being a mobility skill.

Kangaroo jumps

Kangaroo jumps can be done in a number of ways each adding a different aspect to the skill.

	Ordinary jumping Here we see ordinary jumping.
	Jumping, keeping the shoulders under the water Jumping, keeping the shoulders under the water allows the swimmer to experience the effects of upthrust as well controlling their vertical balance
	Height Jumping high out of the water is a greater test of vertical balance.

	Distance In jumping for distance, the swimmer leans forward and then has to regain the vertical position. To do this, the swimmer presses on the instructor's hands, and then rotates to regain the chair position.
	Distance with face in the water A progression of this activity is to put the face in the water in preparation for learning the front glide.
	Using hands only Swimmers who cannot use their legs can push on the instructor's hands to achieve a jumping-type movement

Giant strides

Giant strides is started with the weight on one foot. The swimmer leans back to facilitate the giant stride. The weight is then transferred onto the front leg by bringing the body forwards.

For a few moments both feet are off the floor at the middle of the transfer.

Spaceships -

In spaceships, the swimmer opens the doors of the craft and then by using head control stays in the vertical position, using arms to move round the spaceship.

Alternatively, instructors in a circle can make the spaceship.

Changing from the vertical position to a back float

and then regaining the vertical – (forward recovery)

To get into a back float from a chair position say "chin on the water, shoulders back, let the feet float up."

To regain the vertical (this is called forward recovery) say "look at toes, reach forwards, blow and back in to the chair position".

Swimmers may be able to cause a rotation by just using the head, or just the arms.

Eggs for breakfast

This game encourages the swimmers to use their arms to regain the vertical.

‘Old Man of the Weather’
also known as ‘Sun, wind and rain’.
The leader tells any story that includes ‘The sun comes out’ as the swimmers go into a back float and ‘the wind get up’ as they do a forward recovery and blow into the water.

On ‘it starts to rain’ the swimmers splash with their feet.

Bells

Bells can be done individually or in circle formation.

An individual support is used to introduce the activity. The swimmer is helped to get into a tucked position and is gently rocked backwards and forwards like a ringing bell, to feel the sensation of this movement. The swimmer needs to co-ordinate their breathing with the movement.

In the circle the swimmer rocks backward and forwards by pressing on the instructors’ hands keeping the chin in and the knees tucked .

Rag dolls

In rag dolls the swimmer moves between the vertical and back float position as the instructors walk forward and backward.

When the swimmers have breath control they move into a face down position, for a short time, as the instructors move forward.

As the instructors move forward the swimmer looks down into the water while blowing and then turns the head to one side to take a breath in.
The instructors can remind the swimmer of the head position by saying “Look at the fish, listen for the fish!”

This, as well as being an activity for transversal rotation, is an introduction to front crawl breathing. However, it must be noted that during front crawl the whole of the body turns during breathing, not just the head.

On the backward movement the swimmers can practice the back crawl leg action. Say “long legs, movement from the hips”

Shooting the rapids

A progression for transversal rotation control is to practice this skill in turbulent water.
The game, called ‘shooting the rapids’ requires extra instructors or swimmers who can help.

As well as learning transversal rotation it is a good test of stopping water getting up the nose by humming!

Support can be varied so everyone can take part

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Point 4 - Sagittal Rotation Control

Sagittal rotation is the control of sideways movements around the anterior/posterior axis and is especially important in the vertical position.

There are a variety of activities that can help develop this control.

Side Stepping

Side stepping is a good starting point for experiencing control of sagittal rotation.

Motor bikes

In motor bikes, the swimmer leans to the side and then has to return to the vertical. The support should be low on the trunk. The noise of motorbikes can be used to practice breathing control.

In a circle– moving sideways and changing direction

During circle work, moving sideways and changing direction demands control of sagittal rotation.

Work in a file formation

Another activity giving experience of sagittal rotation is in a file formation when the head of the snake catches the tail. The tail then becomes the new head and changes direction to chase the tail. It is important to maintain the chair position with the chin on the water so the side to side movement doesn't make you feel dizzy!

If the swimmers need more support, a closed file can be used.

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Point 5 - Longitudinal Rotation Control

Longitudinal rotation is the control of movement around the longitudinal axis and is required in the both the vertical and horizontal positions.

Longitudinal rotation in the vertical

The swimmer gains experience of moving around this axis in the vertical position through the following activities.

Turning round in instructor's arms

Turning round in the instructors arms encourages this rotation.

Sprats and mackerels

In 'Sprats and mackerels' the mackerel chases the sprat and when contact is made they both turn quickly as the roles are reversed.

What's the time Mr Wolf?

Children's games such as 'What's the time Mr Wolf?' can also be used.

Trains

The train moves forward and on the command of "change" each individual turns through 180 ° so that the train moves in the opposite direction. This activity is suitable only for those swimmers who have achieved a degree on independence.

'Pass the parcel' or 'hot seats'

In the activity called 'pass the parcel' or 'hot seats' the swimmer is passed around the circle. As well as learning about longitudinal rotation in the vertical position this activity is also a way of encouraging disengagement and moving on to a new instructor.

Longitudinal rotation in the horizontal

Control of this rotation in the horizontal is **crucial** in learning to swim.

Rocking

The instructor rocks the swimmer to introduce them to the sensation of this movement

The progression is for the swimmer to initiate the movement. As the swimmer turns the head they should also blow.

Resisting longitudinal rotation

The swimmer learns to resist longitudinal rotation by using the head and trunk. Support can be from behind or, for a more confident swimmer, from the side.

The instructor is saying "don't let me roll you."

To initiate a longitudinal rotation

Swimmers may be able to initiate a rotation by just using the head, or just the arms or just the legs.

Full longitudinal rotation

Initially a swimmer may able to roll onto their front but need help to recover.

Alternatively the swimmer may prefer to start in a face-down position and roll onto their back.

The arms can be used to facilitate rotation.

Collecting objects using practicing the rotation

In this activity of collecting objects, the instructors must position themselves so that the swimmer has to do a longitudinal rotation. The instructor says, “long arm over”.

Passing objects along a line

Using a line formation for passing objects adds variety to the above activity. If more than one object is used more swimmers are involved at any one time.

‘Ten in the Bed’

‘Ten in a bed’ is a fun way to practice when swimmers have achieved independent longitudinal rotation. The instructors are there to support only in between rotations.

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Point 6 – Combined Rotation

Combined rotation is a combination of any of the three rotations previously demonstrated.

It can be used to enter the pool

To regain a safe breathing position after falling forwards

And for a swimmer in a back float position approaching the poolside.

Assisted combined rotation

For assisted combined rotation, the instructor faces the swimmers supporting on the trunk. As the swimmer moves forward the instructor says, “look at me!”

Combined rotation between 2 instructors

Combined rotation between 2 instructors is useful when the swimmer is becoming more independent.

This can be progressed so that the swimmer glides for a greater distance between instructors

Combined rotation through a hoop

Combined rotation though a hoop gives the swimmer a visual cue to initiate the rotation with the head.

‘Fishes in the net’

‘Fishes in the net’ is a game using combined rotation that can be played by the more advanced swimmers. The swimmers enter the circle over the arms of the instructors and turn to look back at the ‘net’. They leave the circle going under the arms and again turn to look back at the ‘net’.

Safety factors must be taken into consideration when playing this game.

The game requires greater skill if the circle is moving.

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Point 7 – Upthrust

There are a number of activities, which allows the swimmer to experience the effects of upthrust

Attempting to crawl on the pool floor

In attempting to crawl on the pool floor the swimmer experiences upthrust and comes to the surface of the water.

If possible the swimmer should start crawling in shallow water, making contact with the pool floor, and then as they move into deeper water, they will feel the effect of upthrust.

Walking into deeper water

Walk into deeper water and feel where the feet start to make less contact with the pool-floor. At this point the force of upthrust is beginning to take over from the force of gravity. This is usually when the water reaches breast height.

Picking up two sinking objects

Picking up two sinking objects, one in each hand, is another activity giving the swimmer the experience of upthrust.

Trying to sit on the pool floor without taking aq jump first is difficult.

Mushroom float

In the mushroom float position the instructor can turn the swimmer in different directions and the swimmer always returns to the surface in the mushroom position

Some swimmers may need assistance to submerge.

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Point 8 - Balance in stillness

To achieve a balanced position the swimmer has to control unwanted rotations.

Balance activities in the chair position

The instructor says,
"If you are falling backwards – head and arms forward"

"If you are falling sideways – lean towards the opposite side.

To practice maintaining balance in the chair position, the instructor applies gentle pressure to the swimmer's upper body.

An Instructor can create turbulent water with hand movements.

By creating turbulence at different points close to a swimmer in the chair position, the swimmer has to maintain their balance in this turbulent water.

A back float position

If, when in a back floa position, the swimmer's feet are sinking, try any of the following, either individually or in combination:-
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lift the hips

bring the arms at water level to extend above the head

drop the feet by bending at the knees

bring the arms at water level to extend above the head **and** bring finger tips out of the water.

A vertical float

If floating in the vertical is difficult, try the following:-

bring the arms out to the side

put the head back slightly (being aware of the dangers of over extending the neck)

Back float – turbulence to the sides and under the feet

It is more difficult to maintain a balanced position in turbulent water.

When the swimmer is in the back float position the instructor creates turbulence at the sides. The swimmer maintains the balanced position by counteracting the longitudinal rotation caused by the turbulence.

With turbulence under the feet the swimmer can also experience the control of transversal rotation with any of the skills shown earlier for maintaining a back float position

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Point 9 - Turbulent Gliding

For turbulent gliding the instructor moves backwards creating turbulence under the swimmer's shoulders. This causes the swimmer to move through the water.

The instructor creating turbulence to one side of the swimmer can make changes in the direction in which the swimmer is moving.

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Point 10 - Simple Progression and Basic Swimming Movement

This is where the swimmer makes independent propulsive movement.

Simple Progression

In simple progression any movement that creates propulsion can be used.

Swimmers may have learned to scull whilst in the vertical position.

In the back float position the swimmer uses this sculling movement to apply pressure equally in each direction.

For a swimmer who finds a sculling action difficult, 'clapping' sides is a useful alternative.

The legs can also make propulsive movements. The swimmer aims for straight legs, with movement from the hips.

This activity is often called 'motor boats'.

The basic swimming movement - Rowboats

The basic swimming movement is any movement that creates propulsion.

For many swimmers a symmetrical stroke on the back is a good starting point.
In a back float position the swimmers arms enter the water in line with the shoulders and then the arms are brought down to the sides.
The recovery is made by taking the arms low over the water, back to the starting point

As the swimmer becomes more proficient, a longer pull can be developed.

Swimmers progress to any other strokes, including conventional strokes adapted as necessary.

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