

ABSTRACT

Title: *Swimming plan aiming at tuition of school-aged children – basic swimming skills*

Objective: The aim of the work is to create teaching material for a swimming school focused on practicing basic swimming skills (BSS).

Methods: The research sample was evaluated in the first lesson to determine their initial skills using a standardized scale. Exercises and activities related to the topic of the work were included in subsequent swimming lessons. Observations and insights were drawn from their practical use for further application. A final output evaluation was conducted in the last lesson. The data from both evaluations were finally compared using the arithmetic mean (\bar{x}) and the median (Med(x)).

Results: The output values showed improvement in almost all students. Out of thirty-eight participants, ten students achieved the maximum number of points, while another ten lost only one or two points. The remaining eighteen students did not achieve such scores, but visible progress was still recorded in the results.

KEYWORDS

swimming, swimming lessons, non-swimmers, basic swimming skills