ABSTRACT

Title: Verification of the swimming program for beginners of children of younger school age

Objective: The aim of this study was to verify the proposed swimming program focused on the development of basic swimming skills in beginners of younger school age.

Methods: One of the methods used was testing, which was employed to determine initial information about children's swimming skills and subsequently to verify the impact of the applied movement program focused on basic swimming skills. Ten swimming skills were tested: head immersion, opening eyes underwater, exhaling into the water, starfish position on the front, starfish position on the back, forward roll in the water, retrieving two objects placed 1 meter apart from a depth of 1.6 meters in a single breath, falling (jumping) into the water from a swimming starting block, floating on the back, and gliding. The point scale from Čechovská and Miler (2008) was used to evaluate these skills, with the addition of one new category. Another method used was participant observation during the implementation of the movement program.

Results: The movement program focused on basic swimming skills was structured into ten lessons of 90 minutes each. The effectiveness of the lessons was verified at the end through a test battery. The research results showed that the most significant improvement among students occurred in the swimming skills of gliding and the starfish position on the back. On the contrary, the least progress was recorded in retrieving two objects placed 1 meter apart from a depth of 1.6 meters in a single breath. The second least improved skill was floating on the back. The study revealed that 94% of the tested students progressed from complete beginners to advanced beginners.

KEYWORDS

swimming training; water adaptation; swimming skills; swimming tools