

LEADING THROUGH SWIM COACHES



HWB - CONFIDENT INDIVIDUALS

LET'S MAKE WATER FUN!

The main aim is to develop the skills and behaviours in you to help you plan, lead and evaluate fun, safe and engaging swimming sessions for primary pupils.

This course is for you if you have a strong interest in sport and would like to develop your knowledge and skills in swimming, beneficial for potential future employment.

Throughout the course, you will take part in some practical sessions and be mentored and supported as you learn. You will complete a log book of what you have learned and led.

Please note – This course is split into a booklet as homework and practical until December. Then there is practical teaching each week, developing primary 5 swimming.



SKILLS FOCUS



COMMUNICATING



COLLABORATING



LEADING



CURIOSITY



CREATIVITY



CRITICAL THINKING



INITIATIVE



ADAPTING



FOCUSING



RECOGNITION OF ACHIEVEMENT

Level 4 or 5 Leadership Skills Foundation Award



SENIOR PHASE PROGRESSION

Swim Coaching WAO



LEARNING INTENTION, SUCCESS CRITERIA & CAREER OPPORTUNITIES

Learning Intentions

I will:

- improve my communication by giving clear instructions and demonstrations
- build my leadership by creating safe and purposeful sessions
- develop my initiative by preparing independently and considering how to make sessions inclusive
- learn how to be a positive role model

Success Criteria

I can:

- communicate clearly so participants understand my instructions and tasks
- lead the sessions safely, staying calm and in control.
- prepare fully to plan, lead and review an activity using communication and feedback
- plan, lead and review a session that raises the heart rate or develops a specific aspect of fitness

Career Opportunities

- Active Schools
- Sports Coaching and Development
- PE Teaching
- Fitness instructor
- Leisure management.
- Assistant Swimming Coach
- Lifeguard

The Four Capacities

