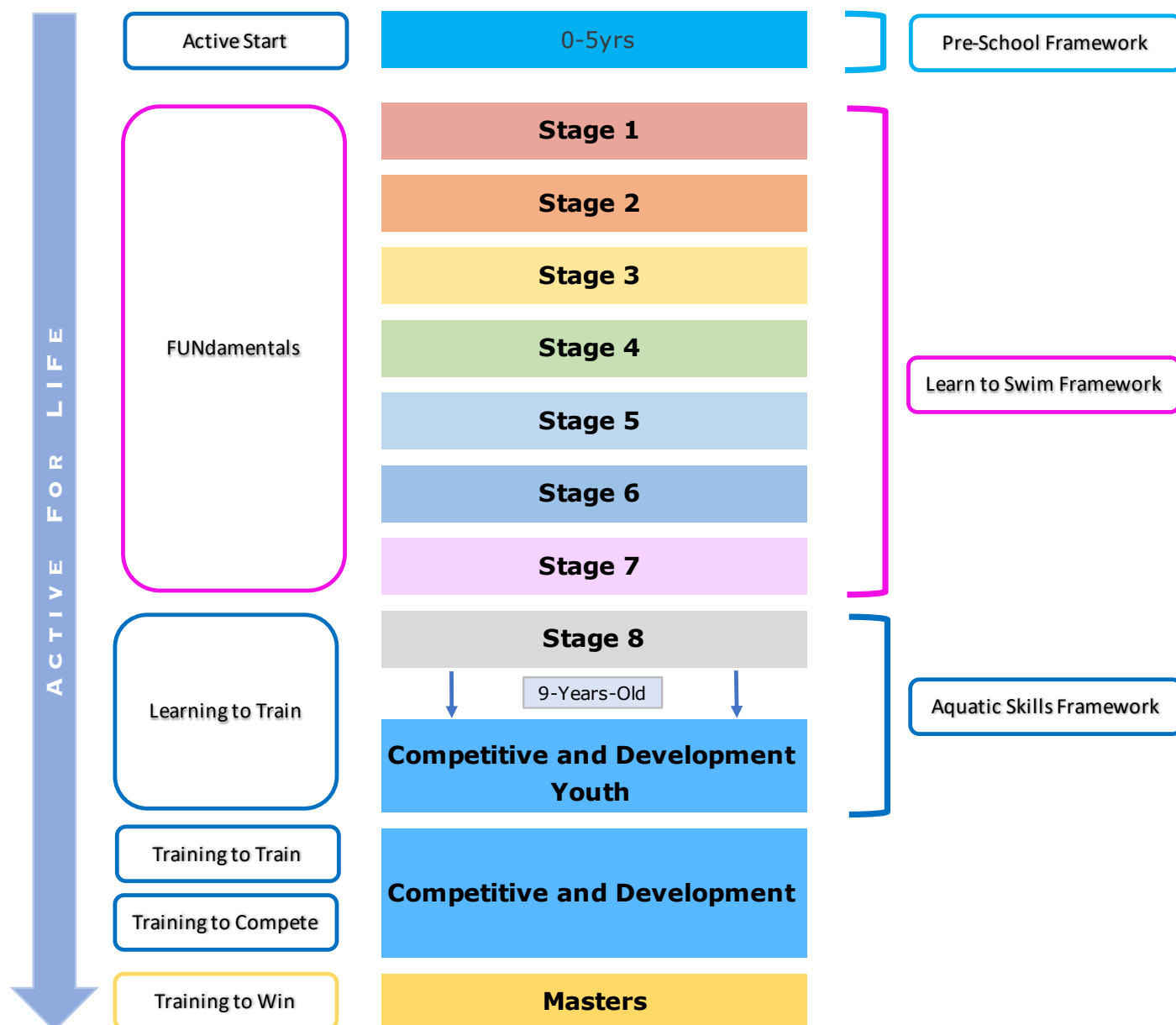


## The Pathway of a Swimmer with ES&LSS in Competitive Swimming



*This model provides a framework for the development of children's physical literacy and aims to encourage lifelong participation in aquatic sport. The model is based on scientific research, which determines the best way to teach and develop talented athletes to achieve sporting excellence.*

### Active Start

This stage is fun for children and includes both unstructured and structured free play in order to develop children's basic movement skills. The aquatics aim here is also to develop their general water confidence.

### FUNdamentals

At this stage it's about fun and enjoyment, with the key focus on the development of movement skills. Play remains a key aspect at this stage, but is focused structured play. The aquatics aim here is the development of core aquatic skills.

### Learning to Train

This stage focuses on two key areas: 1. The development of specific skills and technical elements needed within swimming. 2. An individual's physical, social and emotional development. The aquatic aim here is to develop the specific skills relevant to aquatic activity that a learner wants to practice and improve at.

### Training to Train

Various aquatic pathways available at this point e.g. swimming, diving, lifesaving, para-swimming, synchronised swimming, water polo, etc. This may take place within club environments. ES&LSS can provide a club environment for competitive and developmental swimming.