

# An Introduction to Physical Literacy (online)

**Athlete & Parent Workshop**

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Swim England

Para-Swimming

# Learning Outcomes

- Introduce Physical Literacy
- Identify Fundamental Movement Skills
- Identify Core Aquatic Skills
- Understand the relationship of FMS & CAS in the development of swimming technique



# Physical Literacy - definition

- Athlete Development Support Pathway - ADSP (LTAD) Model;
- “accumulated skills and attitudes that children need to develop before the onset of the adolescent growth spurt. It refers to the combination of basic human movements and fundamental movement and sport skills necessary for engaging in health-enhancing physical activity and/or pursuit of excellence in sport.”



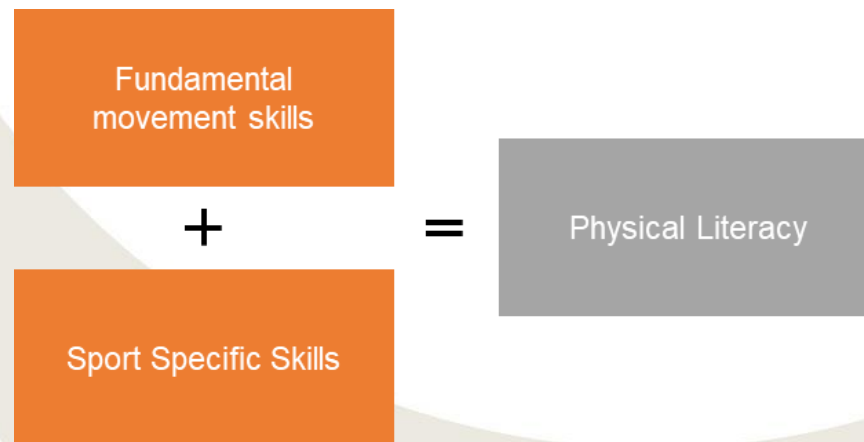
# Physical Literacy

- Watch the following video and make a notes on Physical Literacy and feedback to the group;



# Physical Literacy

- Key points from the video;
- “Basic FMS provide the foundation to excel in sport throughout their lifetime, this is called physical literacy”
- “Physical Literacy is developed through the learning of key FMS. Once mastered the focus then moves on to developing Sport Specific Skills (SSS)”



# Fundamental Movement Skills (FMS)

- What are FMS? Watch the following video and make a note of the FMS mentioned or what you see being performed by the participants;



# Fundamental Movement Skills (FMS)

- ABCS
  - Agility, Balance, Co-ordination, Speed
- RJT
  - Running, Jumping, Throwing
- CPKS
  - Catching, Passing, Kicking, Striking (with body part)
- KGBS
  - Kinaesthetic (feel), Gliding, Buoyancy, Striking (with an object)



# FMS Task (10mins)

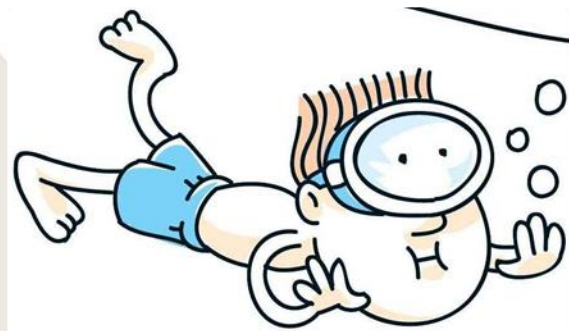
- In small groups create a practice for each FMS below that swimmers can do in a **land training** session.
  - 1 – Agility, Balance,
  - 2 – Co-ordination, Speed
  - 3 – Running, Jumping,
  - 4 – Throwing, Catching,
  - 5 – Passing, Striking (with an object)
  - 6 – Kicking, Striking (with body part)
- Provide 1 or 2 Progressions of your practice
- Provide any adaptations that you may need to put in place for yourself or other para-athletes





# Sport Specific Skills = Core Aquatic Skills (CAS)

- Entries/Exits
  - Slide in, dives, steps
- Aquatic Breathing
  - Explosive, hold, trickle,
- Buoyancy/Balance
  - Floating, even stroke, level plane
- Streamlining
  - Fast movement, UW, stroke



- Water Safety
  - Open water, depths
- Travel/Co-ordination
  - Swim, pull, kick, scull, arms & legs, breathing
- Rotation/Orientation
  - Somersault, log rolls, tumble turn, synchro
- Health & Fitness
  - Keeping healthy, active for life, masters

# CAS Task (10mins)

- In small groups create a practice to develop a swimmers CAS. Swimmers are Regional/National level aged 12-16;
  - 1 – Aquatic Breathing, Buoyancy/Balance,
  - 2 – Streamlining,
  - 3 – Entries/Exits,
  - 4 – Rotation/Orientation
  - 5 – Travel/Co-ordination
  - 6 – Water Safety Health & Fitness
- Provide 1 or 2 Progressions of your practice
- Provide any adaptations that you may need to put in place for yourself or other para-athletes



# Physical Literacy

FMS & CAS to provide foundation to develop swimming stroke technique.

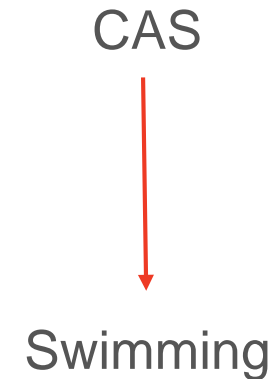


- QUALITY over QUANTITY
- “*Technique is the predecessor to speed*”  
Bill Sweetenham

**Physical Literacy** needs to be developed and enhanced at every stage of ADSP in the Pursuit Of Excellence

# Physical Literacy / Stroke Technique Development

- Following the development of FMS and CAS swimmers should perform short distance swims of full stroke. Quality over Quantity.
  - Aquatic Breathing
  - Balance (Floating)
  - Streamline (push & glide)
  - Kicking or Sculling (travel)
  - Kicking and Arms (co-ordination)
  - Progressive practice (SA, SA combinations)
  - Full stroke
- Keep the repeats short to ensure better quality. **Positive feedback** provides motivation and understanding of learning – key to all sessions
- “Technique is the predecessor to speed”



# Summary

- Physical Literacy is a combination of FMS and CAS
- FMS and CAS are the foundations of excellence in swimming and must be developed and mastered during an athletes career
- Physical Literacy can be developed on land and in the pool
- A comprehensive land training programme complements the pool programme, and both work together to develop the physical literacy of an athlete
- Athletes must apply as much effort, focus and determination to land training activities as they do in the pool, in the pursuit of excellence
- Be better on land, be better in the pool

*“Technique (land & pool) is the predecessor to speed”*