## **GSSP & Zambezi Experiences**



## **Learn To Swim Session**

- To
- Organised games with a purpose
- Learn / develop skills through play
- Introducing the main competitive strokes
- Working towards National Curriculum requirements







## **Water Safety**

- Basic water safety awareness and survival techniques
- Safe entries and exits into water
- Regaining a standing position in water from front and back
- Understanding and learning floatation skills and water buoyancy