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SVØMMEFORBUND**  
*Norwegian Swimming Federation*



# Norges Svømmeskole

Brief introduction to the Learn To Swim  
program developed by the Norwegian  
Swimming Federation



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# Norwegian Swimming Federation

- Established 1910
- 67.000 members
- 270 clubs
- 18 regions
- 15 employees



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# NORGES SVØMMESKOLE

Norwegian Learn To Swim School

- National plan for learn to swim
- The plan is based on solid pedagogics , methodology and national standards
- The focus in Norges Svømmeskole is:
  - Learn to swim is fun
  - Development of skills
  - Development of swimming technique
  - Cognitive development
- All clubs that are running learn to swim programs based on Norges Svømmeskole is responsible of solid pedagogics and to secure good quality and security when teaching pupils.



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# Development of the program

- Project run by the administration in the Norwegian Swimming Federation
- 2 external authors with comprehensive knowledge and experience



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# Swimming and lifesaving

Norwegian Primary school



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# About the program

- Developed by The Norwegian Directorate for Education and Training in cooperation with:
  - Norwegian Swimming Federation
  - Norwegian Life Saving Federation
  - Norwegian School of Sport Sciences
- Covers all 10 grades in Norwegian Primary School



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# Methodology

- The swimming part is the same as in the Learn to Swim program developed by the Norwegian Swimming Federation
- All three organisations has worked close together with the Norwegian Directorate for Education and Training



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# Basic skills for water safety

1. Entry (i.e., jump or dive) into deep water.
2. Upon submersion, regain surface, level off and swim.
3. Surface dive and swim underwater with comfort.
4. Acquisition of at least two basic strokes, one on the front, one on the back.
5. Breathe in a relaxed way and in a manner coordinated to the demands of the stroke.
6. Change body position in the water (i.e., roll over from front to back and back to front).
7. Change direction of travel (i.e., turn left and right both on front and back).
8. Remain afloat



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# Curriculum 4th grade (10 years)

- Fall into deep water
- Swim 100 meters on the front, and during the swim dive down and pick up an item with the hands
- Stop and rest while floating on the front and back for 3 minutes
- Swim 100 meters on the back
- Get up on land



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# Curriculum 7th grade (13 years)

- Be able to swim using basic swimming techniques on the front, back and on the side
- Be able to swim a short distance under water
- Be able to do self rescue from the water



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# Curriculum 10th grade (16 years)

- Be able to swim using varied swimming techniques
- Swim a long distance based on own goal
- Be able to perform lifesaving in water



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# Number of lessons

- Recommendations:
  - 1<sup>st</sup> to 4<sup>th</sup> grade: 40 lessons
  - 5<sup>th</sup> to 7<sup>th</sup> grade: 60 lessons
  - 8<sup>th</sup> to 10<sup>th</sup> grade 70 lessons



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# Measurement/evaluation

- All pupils have by law the right to reach the competence levels / requirements
- National swimming test at the end of 4<sup>th</sup> grade
- The schools must make a plan for those who do not reach the requirements



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# Financing

- Governmental funding
- Tax income



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