



# SynchroSTART

Program for Schools



[www.synchrowa.org.au](http://www.synchrowa.org.au)

## FUN, NEW SKILLS, EXERCISE, WATER SAFETY

Artistic Swimming WA offers a fantastic entry-level program for boys and girls at schools in Western Australia. The SynchroStART program promotes the sport of Artistic Swimming, which is an Olympic sport.

This fun-packed initiative teaches participants fundamental and valuable water skills. These include:

- water safety
- sculling
- eggbeater
- breath control
- and buoyancy in an aquatic environment.

Participants may use their newly acquired skills to advance further in Artistic Swimming or other aquatic sports.

### **What we offer?**

Typically, our program offers weekly lessons (40 to 60 minutes), for 6 to 10 sessions in-term. However, we will be able to work with your school to tailor our program to meet any specific requirements or needs you may have.

The program has been running for several years at schools in the Perth Metropolitan and regional areas of WA. Artistic Swimming WA has received very positive feedback from students and teachers. The students are very engaged in the lessons and excited about trying something new.

### **Student Outcomes and Skills Acquisition**

- Increased self-esteem, resilience, and confidence
- Improved body awareness and motor skills
- Enhanced concentration, communication, and listening skills
- Improved strength, flexibility, and endurance
- Teamwork and strategies built through group work

Students learn, refine, and develop greater proficiency across a range of specialised skills and movement challenges. They focus on learning and improving their awareness of body position in relation to the environment, other people, and space. As a team sport, Artistic Swimming provides the students with the opportunity to develop and improve their interpersonal skills through teamwork.

## **Links with the Australian Curriculum**

We can develop and modify our programs to meet the requirements of the Australian Curriculum. For example: Links with the Australian Curriculum for Years 5 and 6.

### **Personal, Social and Community Health:**

#### **Being healthy, safe and active:**

Plan and practice strategies to promote health, safety and wellbeing (**ACPPS054**).

#### **Communicating and interacting for health and wellbeing:**

Practise skills to establish and manage relationships (**ACPPS055**).

### **Movement and Physical Activity:**

#### **Moving your body:**

Practise specialised movement skills and apply them in a variety of movement sequences and situations (**ACPMP061**)

- combining surface propulsion and underwater skills in an aquatic environment
- performing activities that involve a transition from one skill to another

#### **Understanding movement:**

Participate in physical activities designed to enhance fitness and discuss the impact regular participation can have on health and wellbeing (**ACPMP064**).

Manipulate and modify elements of effort, space, time, objects and people to perform movement sequences (**ACPMP065**)

#### **Learning through movement:**

Participate positively in groups and teams by encouraging others and negotiating roles and responsibilities (**ACPMP067**).


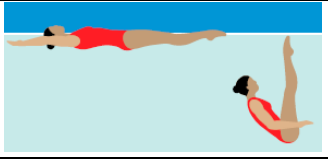

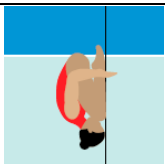
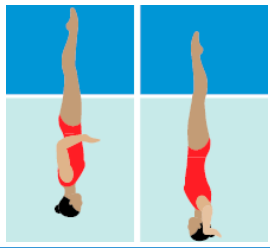
## **Our Coaches**

Artistic Swimming WA will provide experienced SynchroStART accredited coaches who hold a valid CPR certificate, a current aquatic safety certificate and a valid Working with Children Check. The coaches' skill set include:

- Inspiring confidence and motivate participants
- Encouraging students and put them at ease
- To ensure all participants feel included
- Good communication skills
- Perseverance and patience
- Enthusiastic and positive attitude regarding Artistic Swimming

Artistic  
Swimming  
WA

SynchroStART skills learned:

Skill	Description	Skill	Image Description
Synchro Backstroke	Back Float: Backstroke with artistic movement	Back Float	
Starfish Float	Front Float: Floating on back, arms and legs apart, no sculling	Front Float	
Basic sculling	Lying on their back in the water. <ul style="list-style-type: none"> <li>• Hands next to hips: feet first and then headfirst through the water.</li> <li>• Hands above the head: feet first and then headfirst through the water.</li> </ul>	Tub position/ Tub 360°	
Kick-pull-kick	Breaststroke kick with "long arms", head above the surface	Oyster	
Side Flutter	Kicking on side	Sailboat	
Eggbeater	Treading water	Somersaults	
Lifts	Platform, highlights	Ballet leg	
Teamwork	Routine creating and performance, combining all the learnt skills	Tuck	
		Pike	
		Being upside down in the water	



Artistic Swimming WA