

# Experience of preparing teachers for teaching children to swimming

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## Abstract

**Objective of the study** was to identify organizational aspects related to the training of teachers to teach children to swim in the region.

**Methods and structure of the study.** As part of achieving this goal, the literature and regulatory documents related to the organization of work in educational institutions of the Belgorod region for teaching children to swim have been analyzed.

**Results and conclusions.** The results obtained indicate the formation of the necessary competencies among teachers. During the training under the developed advanced training program, in total, more than 250 people formed competencies in teaching children to swim. In turn, the formed competencies are successfully applied in the educational process of educational organizations.

**Keywords:** *swimming, training, methodology, program, teachers, instructors.*

**Introduction.** The ability to swim is a vital skill necessary both for recreation and in a number of professions [2, 3]. The need to develop the skill to stay in the water and move in the right direction in children is due to a large number of accidents. The solution to this problem should begin with the training of competent specialists. And for this, professional development programs are of great importance. An analysis of the inclusion of such a program in the personnel training system in the Belgorod region is reflected in this article.

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**Results of the study and their discussion.** An analysis of legal documents revealed that the issue

of combating accidents on the water in the Belgorod region is raised annually. In 2021, on February 6, an instruction was issued in the regional government to develop directions for organizing swimming training for children, conducting explanatory work, including a unit on personal safety issues in extracurricular activities for schoolchildren, and working out the issue of providing staff for general education organizations.

The divisions that were engaged in the implementation of the instructions of the regional government faced a number of long-standing problems: the lack of material and technical base and teaching staff with the competence to teach children to swim; insufficient amount of available educational and methodological literature for the training of instructors and teachers, and others.

In the course of the analysis, certain difficulties were identified in the organization of teaching children to swim, in particular: the inability to plan training sessions that involve the achievement of substantive re-



sults in group training; lack of skills to teach children with different levels of swimming preparedness; insufficient level of skills in organizing the transition of theoretical knowledge into practical skills of students of preschool and general education organizations; difficulties in choosing means, methods and approaches to teaching swimming that meet modern requirements.

In the near future, it was proposed to develop guidelines for teaching staff on teaching children to swim “Teaching swimming in kindergarten and elementary school” and an additional professional advanced training program “Organizing the work of a teacher in teaching swimming to children of preschool and school age” (full-time education).

The content of the methodological recommendations required the inclusion of the skills necessary for the organization of teaching children to swim, synthesized from the scientific and methodological developments of scientists and specialists [4, 5, 6]. Ultimately, the recommendations included sections that make it possible to take into account the main aspects of the organization of teaching children to swim.

An additional professional advanced training program assumed a full-time form of education and was aimed at developing the competencies of teaching children to swim from teachers. The program included two modules: theoretical and practical. The theoretical module (4 hours) included an assessment of the level of formation of professional competencies of teachers using testing at the beginning of training and at the end. The practical module (20 hours) contained practical exercises in the swimming pool. To implement the advanced training program, the Education Department of the Belgorod Region was given the task to train 50 people in 2021, in 2022 the number of applicants was more than 300 (see table).

It is also important to note that the implementation of the competencies of teachers in teaching children to swim in general educational organizations was carried out within the framework of the section “Swimming” as part of the subject “Physical Education” for grades 1-4 the Federal State Educational Standard of Primary General Education dated May 31 2021 No. 286 (43.9, p. 4 “Mastering the vital skills of swimming

(if the organization has a material and technical base - a pool)”). In preschool educational organizations there was a priority in choosing a training program, this is reflected in the Federal Law “On Education in the Russian Federation” dated December 29, 2012 No. 273-FZ. Three programs were mainly used: a partial program for teaching children to swim in kindergarten (E.K. Voronova, 2017); partial program for preschool educational organizations “The system of teaching swimming to children of preschool age” (A.A. Chemeneva, T.V. Stolmakova, 2011); partial program for preschool educational organizations “Starfish” (M.V. Rybak, 2012).

The number of trained teachers of preschool and general education institutions is presented by districts of the region is shown in fig. 1, 2.

In addition, in order to solve the instructions of the regional government, it was proposed to conduct free lessons on teaching children to swim on the city beaches during the swimming season. These classes were conducted by instructors, trainers and educators who have been trained.

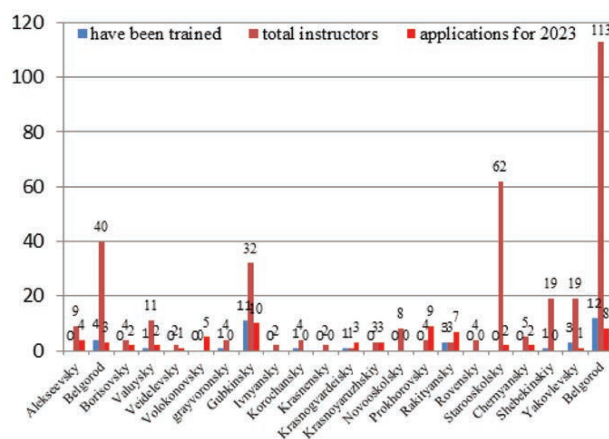
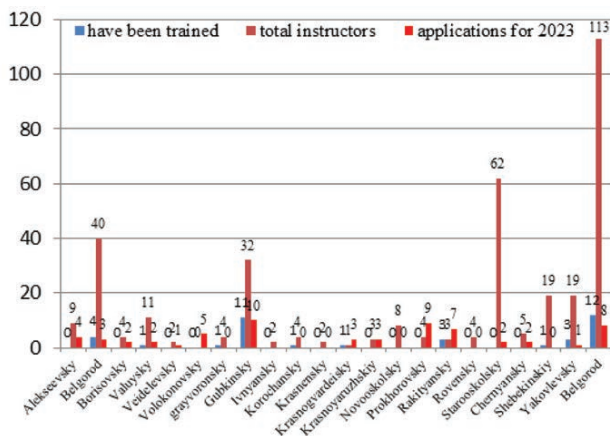


Figure 1. Number of trainers trained from preschool educational organizations

**Conclusions.** The results obtained indicate the formation of the necessary skills among teachers. During the training under the developed advanced training program, in total, more than 250 people formed competencies in teaching children to swim. In turn, the formed competencies are successfully used in the educational process of educational organizations.

*Number of instructors who completed refresher courses*

Organization	Total teachers	Have been trained	Percentage ratio
preschool educational organizations	351	38	10,8%
general educational organizations	955	218	23,3%



**Figure 2.** Number of trainers trained from general educational organizations

Thus, the system of additional education aimed at training teachers in the field of teaching children to swim makes a significant contribution to the implementation of measures to prevent accidents on the water.

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