

Water Polo Resources

Stages 8-10 Water Polo have now been re-written as part of the Learn to Swim Aquatics Framework, with new video resources produced for IoS Learning Solutions to support delivery by non-waterpolo coaches.

Water Polo Stage 8.1

8.1 Tread water vertically and comfortably for 30 seconds, using eggbeater kick.

Water Polo Stage 8.2

8.2 Maintain a vertical position whilst moving forwards, backwards, left & right, using the sculling and eggbeater kick for 5 minutes.

Water Polo Stage 8.5

8.5 Swim 5 metres head up front crawl.

Water Polo Stage 8.6

8.6 Swim forwards 5 metres whilst controlling a ball in front.

Water Polo Stage 8.7

8.7 In vertical eggbeater, pick up the ball from underneath the surface with alternate hands into a throwing position.

Water Polo Stage 8.8

8.8 Hold a tripod position, with a ball, for 30 seconds.

Water Polo Stage 8.9

8.9 Play a simple water polo game, score by placing ball on the side of the pool and demonstrate skills learnt during this stage.

<http://www.somersetasa.org/sasa/en/Your-Sports/Water-Polo/Water-Polo-Resources?pdfview=1>