


The aquatic **ABC**'s through active play.
The CEReKi's circuit example.

LIÈGE université

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Aquatic environment



- ✓ Source of pleasure and fulfillment



- ✓ Not without any risks

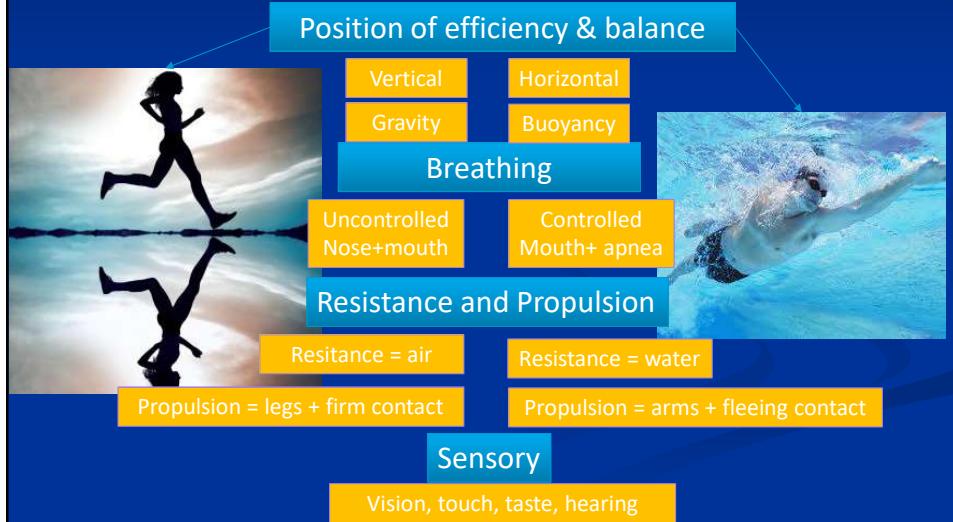


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What are the aquatic ABC's ?



Aquatic Vs terrestrial environment



What are the aquatic ABC's ?



Aquatic Vs terrestrial environment



(Bramble & Lieberman, 2004)

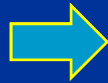
What are the aquatic ABC's ?



Agility

Balance

Coordination



Acquisition of Horizontal Position

Balance, **B**reathing, **B**uoyancy and
Basic Propulsion

Challenge & **C**onfidence

Aquatic ABC's

How CEREKI's original
swimming-pool arrangement
can stimulate the
aquatic ABC's ?

How CEReKI's circuit can stimulate the aquatic ABC's?

For 3-6 yo children

Aquatic ABC's



Equipment

Disposition

Organisation



CeReKI's circuit



Shark's cage



Floating mats



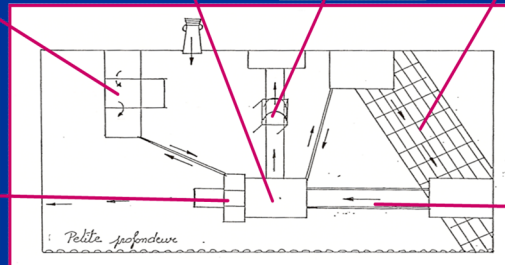
Hoops



Net



Slide



Bars

Acquisition of Horizontal Position

In the net

Petite profondeur

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Acquisition of Horizontal Position

With the cage

In the hoops

In the bars

With floating equipment

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Balance

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Slide

In the bars

Floating equipment

In the net

profondeur

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Breathing

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Slide

In the net

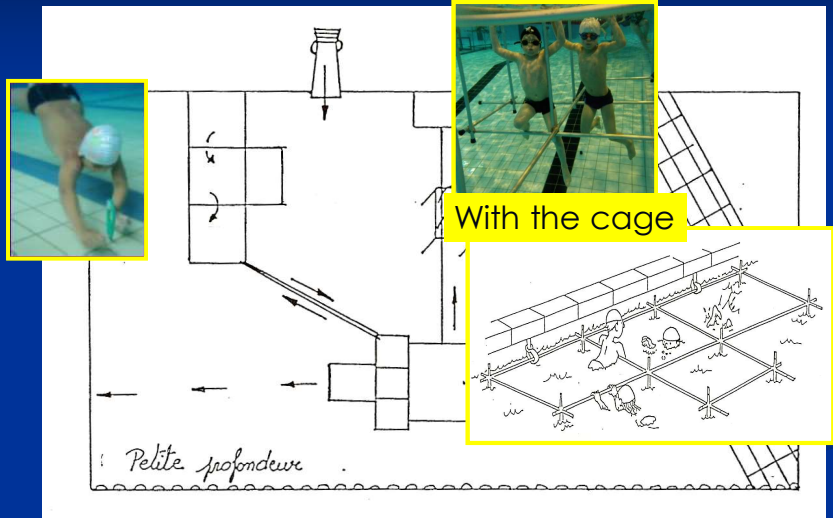
Bubbles anywhere

In the bars

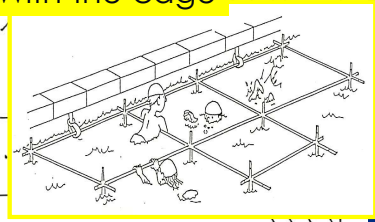
Petite profondeur

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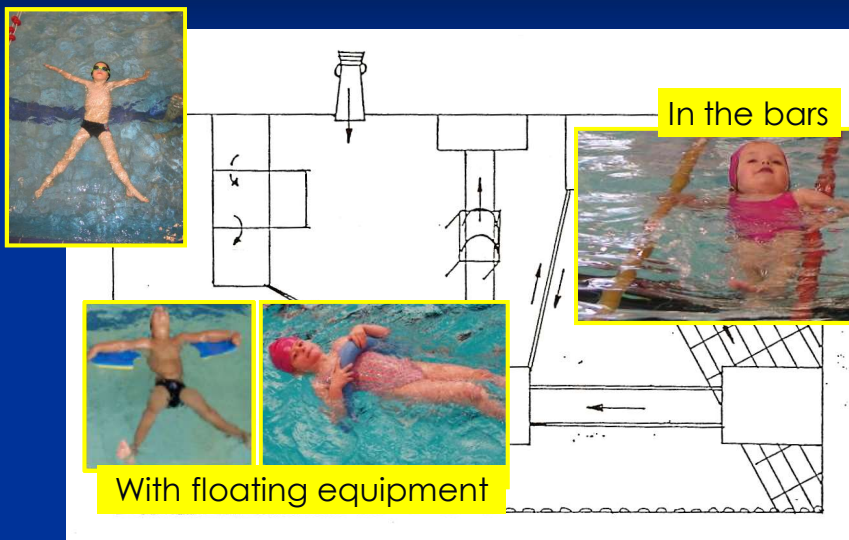
Breathing



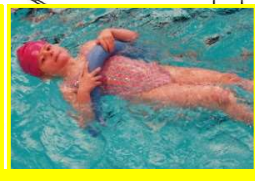
With the cage



Buoyancy




In the bars




With floating equipment


Basic propulsion




Anywhere
in the pool

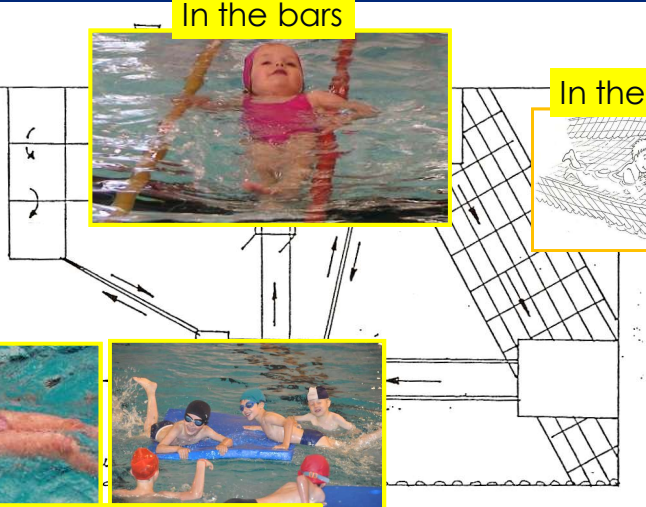



In the bars




In the net









With floating equipment

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Challenge and Confidence















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Pedagogical approach



Children : ✓ Guided discovery
✓ Autonomy

Teacher : ✓ Organization
✓ Security
✓ Children observation & challenging



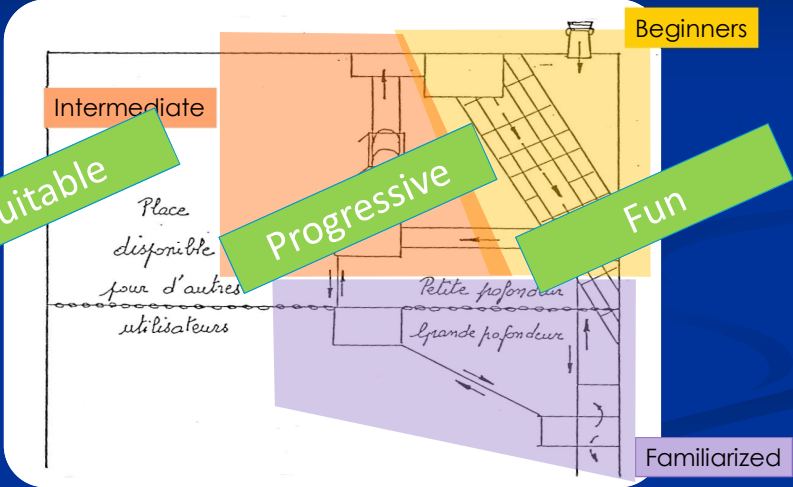






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Pedagogical approach

▶ Different areas according to children aquatic competences





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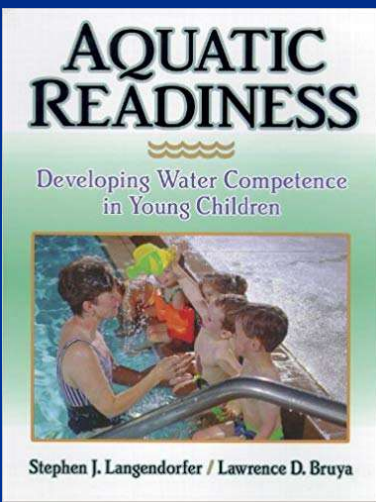
Thank you for attention

B.jidovtseffi@uliege.be

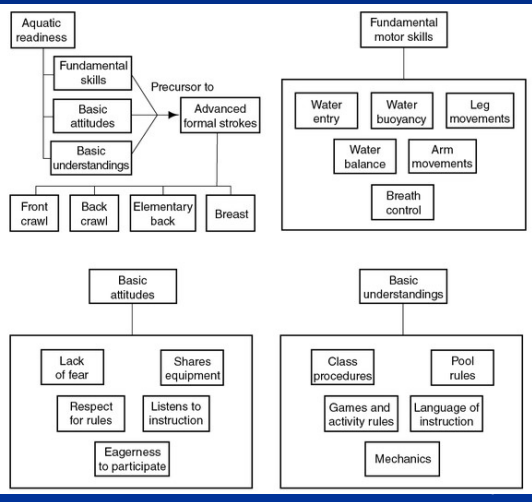
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What are the aquatic ABC's ?

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AQUATIC READINESS
Developing Water Competence in Young Children
Stephen J. Langendorfer / Lawrence D. Bruya



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    graph TD
      AR[Aquatic readiness] --> FS[Fundamental skills]
      AR --> BA[Basic attitudes]
      AR --> BU[Basic understandings]
      FS --> AF[Advanced formal strokes]
      BA --> AF
      BU --> AF
      AF --> FC[Front crawl]
      AF --> BC[Back crawl]
      AF --> EB[Elementary back]
      AF --> BR[Breast]
      FM[Fundamental motor skills] --> WE[Water entry]
      FM --> WB[Water buoyancy]
      FM --> LM[Leg movements]
      FM --> WBal[Water balance]
      FM --> AM[Arm movements]
      FM --> BCtl[Breath control]
      BA --> LF[Lack of fear]
      BA --> SE[Shares equipment]
      BA --> RF[Respect for rules]
      BA --> LI[Listens to instruction]
      BA --> EP[Eagerness to participate]
      BU --> CP[Class procedures]
      BU --> PR[Pool rules]
      BU --> GAR[Games and activity rules]
      BU --> LI2[Language of instruction]
      BU --> ME[Mechanics]
  
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