The aquatic ABC’s through active play.
The CEReKi’s circuit example.

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Aquatic environment

✓ Source of pleasure and fulfillment

✓ Not without any risks
What are the aquatic ABC’s?

Aquatic Vs terrestrial environment

Position of efficiency & balance
- Vertical
- Gravity
- Horizontal
- Buoyancy

Breathing
- Uncontrolled Nose+mouth
- Controlled Mouth+ apnea

Resistance and Propulsion
- Resistance = air
- Resistance = water
- Propulsion = legs + firm contact
- Propulsion = arms + fleeing contact

Sensory
- Vision, touch, taste, hearing

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, Breathing, Buoyancy and Basic Propulsion Challenge & Confidence

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

Equipment
Disposition
Organisation

CeReKI’s circuit

Floating mats  Hoops  Net  Bars

Shark’s cage  Slide
Acquisition of Horizontal Position

In the net

With floating equipment

In the hoops

With the cage

In the bars

With floating equipment
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

Challenge and confidence
Pedagogical approach

Children: √ Guided discovery
√ Autonomy

Teacher: √ Organization
√ Security
√ Children observation & challenging

Pedagogical approach

Different areas according to children aquatic competences

Suitable
Progressive
Fun
Thank you for attention

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What are the aquatic ABC’s?

Aquatic Readiness: Developing Water Competence in Young Children

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