



**REGULATING AN EXTRACURRICULAR PROGRAMME
ON SWIMMING SAFETY AND DROWNING PREVENTION
FOR STUDENTS IN GRADES 6 AND 7 BAC LIEU CITY,
BAC LIEU PROVINCE, VIETNAM**

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Abstract:

The paper employs traditional sports research methodologies involving document reference, interview, pedagogical observation, and pedagogical testing. Based on theoretical, practical, pedagogical, and scientific principles, the authors construct an extra-curricular program in swimming and drowning prevention skills for students in grades 6 and 7 in Bac Lieu City, Bac Lieu province. The program is designed to provide students with the ability to identify danger, and grasp the causes of drowning and how to prevent them, thereby developing self-defense skills and drowning prevention. The study team creates a program to teach lower secondary pupils the aforesaid skills in addition to instructing them how to utilize buoys, ropes, towels, poles, and to swim 25 meters breaststroke.

Keywords: swimming, drowning, students, grades 6 and 7, Bac Lieu City

1. Introduction

In Vietnam, drowning is seen as the primary cause of death. Vietnam has the greatest rate of drowning among Southeast Asian nations, with roughly 2,000 children each year. The World Health Organization (WHO) refers to drowning as an "invisible epidemic" on a global scale since it results in 400,000 fatalities per year. 89 youngsters drowned nationally between 5/2021 and 20/9/2021, according to a study from the Ministry of

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Education and Training Statistics also reveal that 76.6% of child drowning deaths occur in the community, 22.4% happen at home, and 1% happen in schools. Although the rate of drowning deaths among youngsters has been steadily declining, it is still high. The child mortality rate from drowning decreased over ten years, from 12.7/10,000 children in 2010 to 6.8/10,000 children in 2019. In comparison to other Southeast Asian nations, the rate of Vietnam remains considerable. Between the ages of 2 and 15, drowning continues to be one of the biggest causes of death for children in Vietnam in which poor parental supervision, as well as pupils' own lack of skills and knowledge, are the major causes of drowning. Another factor is that there are not enough human resources available for child injury prevention. This activity is frequently not specialized but rather incorporated into a variety of activities.

More and more drowning accidents occur, which has tragic repercussions for the families of the victims. In the southwest provinces, where there are numerous rivers and streams, the victims of drowning are typically schoolchildren. The reason may be that PE programs currently prioritize basic physical sports and activities to improve students' physical health while omitting to instruct survival skills like swimming and drowning prevention to children born in the Mekong River Delta, particularly Bac Lieu City, Bac Lieu Province. Stemming from practical needs, after exploring the current situation, and consulting professionals and experts in Bac Lieu City, the authors conducted the research on *"Regulating an extracurricular program on swimming safety and drowning prevention for students in grades 6 and 7 in Bac Lieu City, Bac Lieu Province, Vietnam"*. The essay guarantees the scientific and instructional quality to reduce children drowning cases in Bac Lieu City.

1.1 Research methods

The research methods included: document reference, interviews, pedagogical observation, and pedagogical testing.

2. Results

2.1. Foundation for developing an extracurricular swimming safety and drowning prevention program for students in grades 6 and 7 in Bac Lieu City, Bac Lieu province

2.1.1. Theoretical basis for program development

It is built on the Party's and the State's leadership's perspectives on raising the standard of education in general and PE work in particular. They include the published papers and decisions issued by the Ministry of Education and Training, Bac Lieu Department of Education and Training, and the city's development strategy as follows:

- Based on Prime Minister's Decision No. 2198/QĐ-TTg, a considerable amount of the "Vietnam sports development strategy through 2020" has been allocated to PE and school sports programs. Additionally, it drew attention to the shortcomings of school sports, stating that: *"Neither the school's PE curriculum nor the extracurricular activities that students participate in have achieved the standards of*

boosting the physical health of pupils. It is one of the reasons why Vietnamese people's physical fitness is not as excellent as that of other countries in the area. Both the primary curriculum and the quality of extracurricular activities appear not intriguing enough to involve many students."

- The People's Committee of Bac Lieu Province issued Decision No. 215/QD-UBND on October 15, 2018, "Promulgating a plan to execute the program of safe swimming and child drowning prevention in Bac Lieu Province in the phase 2018 - 2020."
- Bac Lieu Provincial Department of Culture, Information, Sports, and Tourism issued Plan No. 44/KH-SVHTTTDL dated June 9, 2020, on "Implementation of a safe swimming and child drowning prevention program in Bac Lieu Province in 2020."

2.1.2. Practical basis for program development

To build the program, first, we will base on the reality and urgent need to prevent children from drowning in Bac Lieu City, Bac Lieu Province.

Second, we also need to develop the program to match the objectives, standards, and requirements to improve physical fitness, survival skills, and drowning prevention for lower secondary students in Bac Lieu City, Bac Lieu Province.

Third, the program is also developed according to the current PE curriculum and extracurricular activities in Bac Lieu City, Bac Lieu Province.

Fourth, the involvement of secondary school principals on PE work and anti-drowning knowledge for children in Bac Lieu City is considered.

Finally, the program is based on the reality of practical skills and drowning prevention skills of lower secondary students in Bac Lieu City, Bac Lieu Province.

2.1.3. Program aims and expected outcomes

The article went on to construct an optional PE program in swimming and drowning prevention for students in grades 6 and 7, Bac Lieu City, Bac Lieu province, based on the theoretical and practical foundations offered.

a. Objective

To develop a PE extracurricular swimming program for students in grades 6 and 7 in Bac Lieu City, Bac Lieu province, in compliance with Ministry of Education and Training guidelines and Bac Lieu Department of Education regulations.

b. Specific aims

The curriculum is tailored to students in grades 6 and 7. Each program has its own set of goals that are appropriate for each semester. Students are expected to gain the following knowledge and skills at the end of each semester:

- Knowledge of principles and advantages of sports practice in general, and swimming practice in particular, in order to grasp the significance of sports training as well as a sense of self-training;
- Practice personal skills at each level of swimming learning (basic movements, departure, direction switches, fitness, competitions, etc.);
- Greater training for gifted individuals.

c. Requirements

Students are expected to achieve the following standards after the course:

- Regarding physical fitness: satisfying the physical standards of young Vietnamese people of the same age;
- Regarding life skills: being able to recognize the risks of drowning and handle them;
- Regarding the ability of swimming and first aid to drowning victims: being able to swim 25 meters long (grades 6 and 7) and having fundamental drowning prevention knowledge.

2.2. Extracurricular program on swimming and drowning prevention skills for students in grades 6 and 7 in Bac Lieu City, Bac Lieu province.

2.2.1. Foundation to build the program

- Prime Minister's Decision No. 234/QĐ-TTg dated February 5, 2016, approving the program on child prevention in the 2016-2020 period;
- Official Letter No. 7608/MOT-GDTrH dated August 31, 2009, on acquired knowledge and skills of subjects issued by the Ministry of Education and Training;
- Official Letter No. 5842/MOT-VP dated September 1, 2011, of the Ministry of Education and Training on guiding the adjustment of general education teaching content, textbooks, teacher books, and references.
- Dispatch No. 878/DOET-GDTrH dated July 16, 2014, of the Department of Education and Training on guiding the plan of time to perform tasks in the 2014-2015 school year at the high school level.
- Official Dispatch No. 1056/DOET-GDTrH on guiding the development and distribution of programs and designing lesson plans according to the requirements of differentiated teaching at the high school level.

2.2.2. Detailed curriculum of grades 6 and 7 (30 periods)

Table 1: Detailed curriculum of grades 6 and 7 (30 periods)

Session	Topic	Lessons	Notes
1	Basic knowledge of teaching swimming skills	- introduce swimming, the benefits of swimming, and causes and prevention of drowning; - some rules when learning to swim.	
2	Basic knowledge of swimming techniques and safe swimming methods to prevent injuries and drowning accidents	- introduce some swimming forms; - introduce swimming methods and sequences; - do hygiene during swimming practice; - recognize drowning cases; - introduce ways to safely save drowning people.	
3	Breaststroke technique	- get into the water and get ashore safely; - get used to the water: walk, stand up, sit down, rub your hands in the water, take a dip, float on your stomach, and surf the water (wear a falcon - remove the back buoy). Breaststroke technique: - stand with both hands on the wall of the pool, pedaling each leg in a breaststroke style. - lie on your stomach, hold your hands on the ladder, face down and kick the frog's feet (back phase). - pedal the wall of the water-surfing pool, and practice frog legs across the tank (hand buoy + back float).	
4	Breaststroke	Breaststroke technique (continued): - pedal the tank face down to surf the water, and practice frog legs continuously until the face is out of breath (hand float + back float); - move forward and conduct frog leg movements continuously (without buoys). Game: Shuttle.	
5	Breaststroke	Breaststroke technique: Review: practice pedaling the foot (with float, without float) along a pool. Learn the frog hand technique: - stand and crouch the body to perform frog hand fan under water; - walk and crouch the body to perform a frog hand fan; - pedal the wall of the water-surfing pool, and practice fanning the frog hands 1-2 times (back buoys) with someone's support.	
6	- Meaning and the role of sports in schools. - Breaststroke technique	- meaning, the role of PE in schools - introducing some daily sports training methods - pedaling into a surf tank, practicing frog hand fan 1- 2 times (back float) with support.	
7	Breaststroke technique	- Breathing exercises combined with hand fan: - walk with your head down to perform a frog hand fan in the water in combination with your head up and breathing continuously; - step on the edge of a water-surfing pool, practice fanning the frog's arms once, tilting his head, breathing in, then closing his mouth, holding his breath, face down in the water, and straightening his arms (floating back); - practice breathing combined with pedaling; - hold the lifebuoy, lunge face down, pedal the frog's feet twice, face up to breathe.	

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Session	Topic	Lessons	Notes
8	Communication and behavior skills	- Greeting skills; - Communication skills and handling of situations.	
9	Breaststroke technique	Learn breathing techniques and coordinate hand-breathing, and foot-breathing techniques (continued): - walk with your head down to perform a frog hand fan in the water in combination with your head up and breathing continuously; - step into the water-surfing tank, practice fanning the frog's arms once, tilting his head to breathe, face down in the water, and straightening his arms (back buoy); - straighten your arms, face down, kick the frog's legs twice, and face up to breathe; Game: Who can hold their breath underwater the longest?	
10	Breaststroke technique	Coordinate hand-foot-breathing techniques: - perform the tank level by a cycle of 2-foot pedals, 1 hand fan, and 1 breath (with back float - remove back float); - perform along the tank 2-foot pedals, 1 hand fan, 1 breath (with back float - remove back float).	
11	Breaststroke technique	Hand-foot-breath coordination (continued): - Perform a cycle of 2-foot pedals, 1 hand fan, 1 breath; - Perform a cycle of a 1-foot pedal, 1 hand fan, 1 breath.	
12	Breaststroke technique	Perfect swimming technique: - apply all techniques to swim across and along a pool.	
13	Breaststroke technique	Technical perfection: - ascending distance swimming.	
14	Test and assessment	Test and assessment: - 20m breaststroke	
15	Hazard recognition skills	- Recognize drowning hazards; - Recognize common hazards.	
16	Safety skills and drowning prevention	Learn standing swimming technique and floating movement on water: - arm and leg movements, - perfecting standing swimming technique (with and without back float).	
17	Causes and methods of preventing drowning	- Objective causes; - Subjective causes; - Preventive measures.	
18	Safety skills and drowning prevention	Learn: - back-to-back floating techniques; - back-to-back breaststroke: - back frog hand movements; - back-to-back frog leg movements; - perfecting back-to-back breaststroke techniques (with and without belly floats).	
19	Safety skills and drowning prevention	Learn the sidestroke technique to carry people. Learn survival skills: - Hand fan horizontally - on the ground; - Hand fan horizontally - at chest-deep water; - Hand fan to survive; - Fan turns head forward.	
20	Safety skills and drowning prevention	Review: - swimming techniques, floating skills in the water, survival skills	

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Session	Topic	Lessons	Notes
		Learn the skill of jumping down, approaching drowning victims, and carrying the victim to the shore.	
21	Safety skills and drowning prevention	Review: - jump into the pool to perform standing water, then switch to the maximum distance breaststroke, 10-15m backstroke. Learn the skills of holding and helping drowning victims, and how to escape when being hugged or held.	
22	Self-protection skills	- Skills to protect yourself from drowning accidents Review: breaststroke technique.	
23	Safety skills and drowning prevention	Review: - breaststroke; - sidestroke; Learn how to save people under the water with aid tools such as floats, poles, towels, ropes, etc.	
24	Safety skills and drowning prevention	Review: - breaststroke technique; - learn CPR.	
25	Safety skills and drowning prevention	Review: - breaststroke technique, backstroke, sidestroke Learn to breathe with chest compressions.	
26	Skills to prevent risks, drowning accidents	- recognize drowning hazards; Review - breaststroke technique.	
27	Safety skills and drowning prevention	Review: - breaststroke technique, backstroke, sidestroke. Learn how to save people in danger with floats, poles, towels, ropes.	
28	Safety skills and drowning prevention	Review: - breaststroke technique, backstroke, sidestroke; - jump into the pool to perform standing water, then switch to maximum distance breaststroke, 10-12m backstroke; - rescue drowning victims with buoys, ropes, poles.	
29+30	Test	Test and assessment: - standing for 1 minute 30 seconds in the water; - 25m swimming; - rescuing a drowning victim at a distance of 15 meters with supporting tools.	

The extracurricular swimming and drowning prevention skills program for students in grades 6 and 7 in Bac Lieu City, Bac Lieu province is based on the city's practical needs. Students in grades 6 and 7 are taught about danger awareness, self-defense, life skills, and drowning prevention via the curriculum. Because of the physical and psychological features of the 6th and 7th grades (12 and 13 years old), the study team created a program appropriate for the children's age, including 25m breaststroke and basic rescue skills with tools like buoys, poles, towels, and ropes. Lower secondary pupils cannot immediately rescue drowning victims or carry them to the shore because of their young age. Hence, it is better appropriate for students in the eighth and ninth grades (14 and 15 years old).

3. Conclusion

Based on the legal foundation, practicality, pedagogy, and practical needs, the article has constructed an extracurricular program in swimming and drowning prevention skills for students in grades 6 and 7 in Bac Lieu City, Bac Lieu province.

The authors have also built an instructional program on drowning prevention skills, including a 25-meter breaststroke for children in grades 6 and 7, as well as abilities to save victims using tools such as buoys, poles, towels, ropes, and first aid for drowning cases. The curriculum is divided into 30 sessions, with each session lasting 60 minutes.

Conflict of Interest Statement

The authors declare no conflicts of interest.

About the Authors

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