

Why repetition is so important in learning skills

Do you know that it takes ten thousand repetitions to properly learn a skill?

As a parent you probably have a certain book, song or movie memorized because your children like to read, listen or watch it over and over and over again.

Repetition is something that does not seem to bother children the way it bothers adults. As adults we do not have as much tolerance for repetition because we like things to be fresh and new. Children however, find comfort in the familiar and their brains are developing, so watching, reading or repeating the same thing time and again helps them to master it.

Think about it: You can probably throw or kick a ball with no problem but for children those mastery skills come from practicing over and over again.

When you are sitting on the poolside you may have noticed that the swimmers perform the same skills repeatedly.

In order to become a competent and confident swimmer, children need to practice the same skills over and over again to build muscle memory. By consistent and correct repetitions, these skills eventually become a habit . Performing a skill once or twice is not enough practice to make it a habit - **repetition** is the key to swimming success.

As swimmers progress through the levels at AQUAZONE, they practice the same type of skills such as floating, gliding, kicking and pulling – but with increased distance, speed and difficulty. In our tried and tested program we break down complex skills by making use of a variety of stroke drills to improve technique. Over time, basic motor skills can be combined and built upon to master more complex skills. Constant repetitions help with learning and progression as swimmers recognize the basic skills and so feel comfortable stepping up and being challenged because it is already familiar to them.

Children also learn valuable skills under the guise of play, meaning they are more likely to retain a skill. For example, your child might think they are diving for objects, but they are also learning other important skills such as submersion and breath control.

So when you see your child repeating a skill again and again, you can rest assured that they are learning and practicing skills that will become a habit and stay with them for life – “practice makes perfect”

