



ACCELERATE
LEARNING
SERVICES

SWIMMING



BLOWING BUBBLES

Try putting your face in the water in the bath.

Can you blow out through your mouth?

How about your nose?

Resources needed: Bath of water, lots of praise!

Harder: Can you blow out 3 big bubbles? Lots of little bubbles?

Easier: Can you put your chin on the water and blow bubbles? Can you bob your face in on the count of 3?



CAN YOU KICK?

Lie on the bed and put your legs over the side.

Can you kick your legs up and down with your knees straight and flicking your feet?

Resources needed: A bed

Harder: Can you kick your legs whilst lying on your front? How about turning onto your back? Can you kick them for the count of 20?

Easier: Try to kick your legs 10 times without stopping



Explore some different toys in the bath.

Have a feel of them before putting them in the water- do you think they will sink or float?

Resources needed: A range of suitable toys for putting in the bath, a bath of water

Harder: Can you put your head in the water to collect the toys that have sunk?

Easier: Can you blow the floating objects across the surface of the water?



SQUIRTY CHASE

Play a game of tag or chase in the pool where the adult is trying to squirt you with a toy.

Can you run or swim away?

Resources needed: Swimming pool, squirty toy

Harder: Try and get to the other side of the pool as fast as you can without getting squirted!

Easier: Can you walk towards the adult to squirt them?



KICK THOSE LEGS!

Hold the side of the pool and kick your legs.

Can you make big waves and huge splashes?

Can you kick and not make any splash at all?

Resources needed: Swimming pool

Harder: Try and keep kicking the whole time an adult counts to 30!

Easier: Ask an adult to put their palm under your tummy to help bring your feet closer to the surface



FLOATING ON MY BACK

Try holding a float on your chest like you're hugging a teddy bear and lying back in the water.

Can you keep your body really straight and look at the ceiling whilst the adult counts to 10?

Resources needed: A float, swimming pool

Harder: Try and move through the water on your back

Easier: Ask an adult to put their hand under the back of your head so you feel safer. Are your toes up to the surface of the water?



FLOATING ON MY FRONT

Can you hold the float out in front of you and kick your legs?

Keep your arms really straight and your chin on the surface of the water.

Can you kick slowly and stay still?

Resources needed: A float, swimming pool

Harder: A float, swimming pool

Easier: Ask an adult to put their hand under your tummy to help you keep your body straight. If you find this easy, try with the adult holding under the float



EGG FLIPPING!

Blow the egg flip along the surface of the pool as you swim.

Can you flip it 6 times as you swim the length of the pool? In the bath, can you blow the egg flip to the other end of the bath?

Resources needed: An egg flip (floating swimming toy)

Harder: As you kick across the pool blow out all your out breaths into the water. How many times did you blow bubbles?

Easier: Hold the side and blow bubbles with your mouth and nose under the water



FLOATING SHAPES

**Can you float in the pool or bath?
Try to make a straight shape, a wide shape, a tuck
shape? Which shape can you hold the longest?**

Resources needed: A swimming pool or a deep bath

Harder: Ask an adult to count out loud and see how long you can hold the shape. Which shape can you stay afloat in for longest?

Easier: Hold the side of the pool or bath as you try to float on your back. Can you hold the shape for the count of 5?



**Watch the adult and copy exactly what they do-
dipping under the water, moving side to side,
blowing bubbles, bobbing up and down.
Can you keep up?**

Resources needed: A bath or swimming pool

Harder: Can you swap who is leading the actions and who is mirroring? Try pulling faces and see if they copy!

Easier: Copy a slow sequence of 3 actions, for example splash, blow bubbles, bob up then down