

'QUICK DIPS' FOR BUSY TEACHERS

FIRST LESSONS IN THE POOL and warm ups for weeks and weeks afterwards;
For those who can stand and some who need a noodle, discs, vest or a float; for those who can't stand and need a noodle, discs, vest or a float...

See the Free Games Resource

Individually, in pairs or small groups; maybe short races, relays, circuits, teacher manages the available space

Challenges 1 (when you can touch the bottom) :

Who can run, jump, skip, hop on one leg (can you trail a leg out behind you?), leap, twist, spin and lunge?

High low, backwards and sideways; fast and slow...??

Make shapes: reach tall, reach deep; narrow, wide, short, small, straight...

Wave? Clap? Flap? Slap the water? Wiggle, Wriggle, Shake, Wobble...

Challenges 2 :

Who can keep their feet off the ground for the longest time without putting them down?

Who can make a wide shape- a tight/tuck shape; a long narrow shape...on your tummy, looking down ...or on your back, looking up?

Can you spin round in a circle with the tight/tuck shape? Did you use your hands/legs or both to help you? Can you go fast – steady – and slow?

Can you spin round one way and then spin around in the other direction?

Did anyone make a splash by kicking their legs?

Did anyone get their hair wet?

Did anyone get their face wet?

Did anyone get their chin/nose/eyes/whole face in the water?

Did anyone blow bubbles? Noisy bubbles? Quiet bubbles? 'Rude' bubbles?

Did anyone rest the back of their head on the water like on your pillow, in bed?



<https://goinghorizontal.org/downloadable-resources/>

**PLAY
BE SAFE, EXPLORE,
DISCOVER & ENJOY**

Moving Upright
Safely, confidently and 'fluently'