

All along the way on their Learn To Swim journey, beginners **EXPLORE** and **DISCOVER** for themselves how to **ADAPT** to a **SAFE AQUATIC ENVIRONMENT**. In most cases, this is a swimming pool. In the early stages it is a process of **PREPARATION** for, and up to, that moment when they have the confidence and motivation to take both feet off the floor and **GO HORIZONTAL**. - floating at the surface, as close as many of us will ever come to **FLYING SOLO!!!**

There are numerous activities and games we can offer to each child as they make those preparations at their own pace and in their own way. Everyone is different. There is no simple one size or programme fits all. Sometimes it is a very personal, almost lonely journey. It is however so much more enjoyable and special when it is **SHARED** with peers and with teachers they know and trust **and who know them well**.

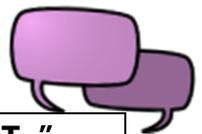
Let me be clear- it is something very special and unique when we can be there in the pool or on the poolside to **SHARE** that journey.

TRIED AND TESTED

A submersion and floatation activity/game/practice (a 'gift that goes on giving')



'Bottoms on the Bottom'



"CAN YOU?"	"THIS MIGHT HELP"	"LET'S TALK ABOUT.."
<p>SINK AND SIT DOWN... on the bottom and then stand, jump or spring back up again? (Like a trampoline 'Seat Drop')</p> 	<ul style="list-style-type: none"> • Stand with both hands high above your head-<i>and keep them up there all the way to the bottom</i> • Bend your knees like you do when you sit down, then stick both legs out so your bottom can touch the floor or bottom of the pool • Take a BIG breath before you go but as you sink you can try to blow out bubbles from your mouth and even your nose. • Sweep both arms down to come up quickly; blow out 'explosively' when you come up again 	<ul style="list-style-type: none"> • <i>Does it matter how big a breath you take?</i> • <i>Does it make a difference if you start with both hands held high above your head?</i> • <i>Does it make a difference if you keep your hands high above your head until you have sunk as far as you can?</i> • <i>Does it help to start with a small jump upwards, hands stretched high?</i> • <i>What happens if you if you stick your legs and arms out wide instead of tucking your knees up tight (arms up high)</i>
<p>FLOAT BACK UP LIKE A BUBBLE?</p> 	<ul style="list-style-type: none"> • Hold your BIG breath this time • After you have sunk and sat, quickly bring your arms down, tuck your chin down to your chest, 'hug' your knees up tight, tuck up in a ball and try to tip forwards. 	<ul style="list-style-type: none"> • <i>How can you use your head to tip or roll forwards ?</i> • <i>Does it feel wobbly as you come up? (Tipping or rocking forwards and backwards?)</i> • <i>How long can you hold the shape at the surface?</i> • <i>Does the rocking and tipping stop as you become steady and STABLE?</i>

"CAN YOU?"	"THIS MIGHT HELP"	"LET'S TALK ABOUT.."
<p>Wait until you come to the surface, count to three then 'POP' the bubble – SPLAT !! ?</p> 	<ul style="list-style-type: none"> • Wait until you come to the surface (top) then quickly 'explode' or spread your arms and legs out as WIDE as possible • Stretch out and make your body as FLAT and as WIDE as possible • Blow out explosively and stand up quickly so you can take another breath. "Head up-knees up- stand up" (Lift your head back, sweep and press both hands down, bring your knees up quickly and stand up.) 	<ul style="list-style-type: none"> • After you have 'popped' can you keep the wide shape and float on the top of the water for as long as possible? • Does it make a difference if you keep the shape very WIDE and very FLAT? • Does it feel more STABLE than the tuck or bubble float? Is it easier to control and stay steady? • If your legs start to drop or sink what could you do so that you can stay FLAT on the surface?
<p>Wait until you come to the surface, count to Three then STRETCH out your arms to the front and legs behind you to make a straight NARROW SHAPE?</p> 	<ul style="list-style-type: none"> • It's a 'narrow arrow', sharp PENCIL or a rocket shape • Make your body as LONG and NARROW as you can • Keep both arms together and straight, fingers pointed, same with both legs (feet and toes pointed) 	<ul style="list-style-type: none"> • Is this shape more or less stable or easy to control and hold than the others? • Do you roll over sometimes? • Does it feel different if we squeeze our straight arms against our ears/head or if we have them just a bit wider or further apart?
<p>Stand close and facing the side, take a step or two backwards and then gently FALL and GLIDE towards the wall in a wide 'X' then 'Y' shape and then a narrow 'I' shape?</p> 	<ul style="list-style-type: none"> • The wall or side is always there when you need it !! • Start by bending or sinking down, shoulders under(?), legs wide, both arms extended in front • Take a big breath and hold it • Make sure you put your face in the water eyes down – before you fall gently forwards <p>LATER: When you reach the wall, use your hands to give a tiny push backwards, then : "Head up-knees up- stand up...." Blow out hard."</p>	<ul style="list-style-type: none"> • Can you extend the distance away from the wall when you are ready? (More steps) • Can you begin with a little push with both legs? • Which shape makes less waves and goes faster when you push forward to the wall? • If you slow down as you glide in and can't reach the wall when you are a long way away, what could you do to help you keep moving?

For further progressions and other activities to develop floatation and rotation skills and confidence, see the relevant cards in *Small Steps To Successful Swimming* and also

<https://goinghorizontal.org/teaching-flotation-part-two/> and other resources on the Going Horizontal website: <https://goinghorizontal.org/>



Word Bank

Aquatic Breathing ("Big Breath- hold it" "Blow out hard")

Submersion

Flat and horizontal at the surface

'Tuck', (Short), 'Narrow' (Long) and 'Wide' *(Flat) SHAPES.

***Surface Area**

Streamlining, drag and resistance

Buoyancy; Sinking and Floating

Push and Glide

Balance

Agility

Rotation

Coordination; recover to stand

Kicking

Arms – Hands – Head – Shoulders – Hips – Legs – Knees- Feet... and Toes 