

Activities and practices to support cards **Whole Body Submersion** and **Flotation** and **Rotation** in Small Steps...

Also see <https://goinghorizontal.org/teaching-flotation-part-one/> and <https://goinghorizontal.org/teaching-flotation-part-two/>



'QUICK DIPS' FOR BUSY TEACHERS
'Star' Floats on the front



LOOKING FOR...	THIS HELPS	WHY? WHY ?	WHEN?
<p>A 'STAR' or 'X' shape floating at the surface like, well a float or a leaf on the pond...</p> <p>Arms extended out wide</p> <p>Legs out wide long and extended: even with pointed toes</p> <p>A relaxed, controlled, balanced and stable shape</p> <p>Being able to hold the star shape STEADY for a count of 5...then 10...</p> <p>Looks like you are hovering and hanging high in the sky like a kestrel or a kite.</p>	<p>Sink low with a wide stance before you go</p> <p>Take deep breath and hold it...</p> <p>Lay out gently and flat on the surface of the water</p> <p>"eyes down" "look down" face /point your nose at...the bottom of the pool.</p> <p>Imagine you are a sky diver</p> <p>If you over balance at first. it may be your legs start to sink: give a twitchy kick to keep them up. Or you need to go wider with both arms and legs or just one arm or leg???</p> <p>Try it in pairs touching hands like sky divers..</p>	<p>It is the most stable of the static floats.</p> <p>It is the most liberating and exhilarating discovery for many children after lots of trial and error</p> <p>Develops and improves stable horizontal body position using increased surface area and wide shapes.(Surface area)</p> <p>Develops balance and coordination</p> <p>Develops breath control</p> <p>May be used later to introduce aspects of Breaststroke</p>	<p>Only after Whole Body Submersion has been mastered and early flotation and buoyancy practices have been explored at length....</p> <p>CHALLENGE:</p> <p>When ready, can you change shape, smoothly, from a steady 'star' to a steady 'pencil'/'rocket'/'arrow', or a tuck , 'ball' or 'mushroom'?</p>