

# 'QUICK DIPS'

## STARTERS 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 card Moving Upright and the Free Games Resource**

<https://goinghorizontal.files.wordpress.com/2022/03/quick-dips-swimming-games-and-activities-for-beginners-and-first-timers.pdf>

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

### **Challenge 1**

Who can run, jump, skip, hop on one leg (can you trail a leg out behind you-like a long tail ), leap and lunge? Arms out\*: waving? 'flapping'? splashing?

Shoulders high\*/low, move backwards and sideways; fast and slow...??

### **Challenge 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.

Can you spin round in circle with the tight/tuck shape? Did you use your hands/legs or both?

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

Which shapes can you do on your front and which ones on your back?

Did anyone get anywhere on their head 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 a pillow and get their head/hair wet at the back?