

SWIMMING GAMES AND ACTIVITIES FOR BEGINNERS AND 'FIRST TIMERS'

If pre-school lessons with group songs and activities are your thing, here's a list I have compiled over the years. They are not exclusive to Early Years, many of them work with Years 1 + 2 also....

ALL SORTS OF FREE MOVEMENT

- The Grand old duke of York
- Jelly on a plate
- Doctor Foster
- If you're happy and you know it...
- This is the way we....wash our face, brush our teeth, comb our hair
- Wheels on the bus
- Dingle dangle scarecrow
- 5 little ducks went swimming one day
- 5 currant buns in the baker shop
- Old Macdonald had a farm
- Okey, cokey
- Bananas in pyjamas
- Here we go round....
- Twinkle, twinkle little star
- I'm a little teapot
- Incey wincey spider
- 3 little men in a flying saucer..



ROTATION

- 10 little sausages sizzling in the pan
- 10 in a bed and the little one said "roll over "
- Wind the bobbin up
- Teddy bear, teddy bear..... turn around
- Three little men in a flying saucer
- I'm a little pancake (*I'm a little Pancake on my back. I'm a little Pancake nice and flat. I'm a little Pancake on my back. Flip me over just like that.*)

WALKING/JUMPING/FALLING

- Doctor Foster
- Humpty Dumpty
- 5 Little speckled Frogs

COMFORTABLE WITH WATER ON FACE AND HEAD

- Its raining , its pouring
- London's burning
- I'm a little teapot
- Incy wincey spider
- Hickory Dickory Dock
- Teddy Bear, teddy bear
- Ring a roses
- Rockabye Baby
- London Bridge is falling down
- The runaway train (went over the hill and (s)he blew



FIRST LESSONS IN THE POOL

continued...and 'warmups' 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...

- Spiderman around the edges
- Sliders, skids and skaters
- Wake and Shake
- Animal walks
- Follow the Leader
- Simon Says..
- Hokey Cokey and the Conga !!
- Giant steps and diddy steps
- Fast feet running – balance and paddling with arms..
- Walking tall and walking small
- Carousel (See themes: Circuses and Fairgrounds)
- Space walking



- Comic strip Sleep walking
- Drawing, scraping, marking letters on the surface/in the water
- Traffic Lights
- NSEW
- Gears
- Going on a Bear Hunt/Whale Hunt...
- *Versions of stick in the mud*
- Crusts and crumbs or rabbits and rats..... crabs and crocodiles
- What's the time Mr Crocodile..... (See Version with teacher/assistant in the water)
- Carry the bucket
- Tractors and Trailers or Cars and Caravans (one walks the other is 'towed)
- Count the passes with a ball...
- Treasure Hunt or supermarket trolley (collecting scattered floating items)
- Push floating objects with chest; get lower and push with nose...
- Over and under with a ball; try it with a big sponge !!
- Hoop play
- Seahorse or bicycle races – sitting aside noodles/woggles
- Washing machine
- Showers and sprinkles: it's raining it's pouring...
- Getting ready to go out: washing faces and hair
- Counting fingers underwater
- Animals sounds underwater
- Motorboats/Bikes... knotted woggle, make sounds like a motor
- Bridges and tunnels...use woggles over the wate, also see use of hoops...over under and through
- Bobbing at the rail
- Sea saws
- Jack in a box



Pupils should be active and moving for most of every lesson in the pool...

Which Fundamental or 'core' Aquatic Skills are being learned for each activity?

As pupils engage in these games and activities you also have the opportunity to assess progress and success in adapting to being in the water and building up WATER CONFIDENCE