

## Active Movement in Water: Ideas on a shoestring...



### Yoghurt Cups

- Put holes in the bottom of yoghurt cups and use as showers.
- Use yoghurt cups to scoop and pour water.
- Make Quackers by threading a piece of string through the bottom of a yoghurt cup. When you wet the string and then pull it, it sounds like a duck quacking.

### Sponges

- Buy a large sponge and cut it into smaller pieces to use for washing games ie: "can you wash your elbow etc".
- Use the same sponges to squeeze water onto each other.
- Use the sponges to paint water patterns onto pieces of cut up cardboard boxes (because you are not using paint, you can reuse your cardboard over and over again).

### Plastic Bottles

- Save sipper bottles (Pump, H<sub>2</sub>O etc) and fill them with water to pour, squirt, splash, draw and drip.
- Use empty bottles to demonstrate buoyancy, seal with caps and float on water.
- Fill bottles with varying amounts of water to show how when you have no air in your lungs you sink.

### Bubble Mixture (You can get 25 individual bubble mixture bottles for \$2 from the \$2 Shop)

- Use the bubbles to develop spatial awareness, "blow bubbles up high, blow bubbles down low".
- Use bubbles to develop breath control, "blow one big bubble slowly, blow lots of little bubbles".
- Use bubbles to develop coordination, blow bubbles and try to catch them on the bubble blowing stick or with a fly swatter.

### Clothing Pegs

- Use pegs in a bucket to make seaside noises (pour water and pegs into a bucket and swish from side to side)
- Use pegs as floating toys, create a current in the water by stirring and then float the pegs in the current.
- Scatter pegs in the water and get the children to collect a specific colour.

### Ice Cream Tubs

- Use empty ice cream tubs instead of buckets.
- Cut out shapes (fish, crabs etc) from ice cream tubs and float on the water or attach to the pool/bath wall, you can use plastic based paints or a vivid to draw on faces and fins.

[www.swimmingnz.org.nz](http://www.swimmingnz.org.nz)

