

## Water Confidence Activities

### Safe Entry

Side of pool – ¼ Turn –

- Sit on pool edge
- Place one hand on side of pool, fingers parallel to edge, legs on water
- Take weight on hand and with small push, quarter turn and slowly lower body into the water
- Bend knees when feet touch pool floor
- Keep hold of edge until feet are squarely placed. Use free arm for balance.

Safe entry/exit – Monkey walking along wall – Make monkey noises

### Moving in Water

Walking with feet on pool floor

- forward, backwards, sideways in pool – holding hands/not holding hands

Playing being animals, make noises,

- Frogs jumping/catching flies, eels, dogs, chickens, ducks – elephants bathing, sparrows bathing

Bouncing in stationary and moving position

- holding rail, without holding, in pairs

Simon Says -instructor is Simon calls instructions

- walk backwards/sideways
- hop
- move with hand on head
- turn around
- high on tip toes
- low and crouching
- blow bubbles
- go under and touch your toes

Trains – front person with balls

- form a train to maneuver around the pool holding the person in front's shoulders

Follow the Leader

- have turns with students playing the leader and using different skills to follow the leader, walking front/backwards/sideways, hopping, jumping, along the bar or wall

Washing Machines

- hand on hips turning body from one side to the other to imitate a washing machine,
- slow/fast
- low/high

Collecting & moving floating objects – bucket to bucket, teams, teacher vs. class

- see if the students can get all the objects back into the bucket before the teacher can throw them all out again
- use a hoop close to the edge
- use a bucket or container for placing floating objects into



Can you – get ear wet, chin, nose, etc.

- encourage students to place ear in the water and alternate sides
- chin in the water, looking down ant pool floor
- lips in the water, blow bubbles
- nose in the water, blow bubbles
- eyes in the water, blow bubbles, open eyes look at toes

Piggy in the middle using ball, in groups of 3

- encourage splashing when ball hits water

Blow bubbles

- in hand above water/ below water
- practice blowing out the candles on your birthday cake
- teach blow air out every time you go under water

## **Submerge**

Balance container on board and get swimmers to splash to fill it

- swimmers to form a circle around the bucket on board
- using hand movements splash the water to fill the floating object until it tips or submerses

Elephants

- walking across pool use cupped hands and arms to form a trunk
- scoop water in hands and throw it over your head

Showers – watering cans, containers with holes, pool fountains

- start with water over arms
- shoulders
- ears
- head/face

Ring a Rosie – blow bubbles, wet ears, wet nose, wet eyes, all sit down

- ring a ring a rosie, a pocket full of posies, a tissue, and a tissue we all.....  
blow bubbles, wet ears, wet nose, wet eyes, all sit down

Frogs

- submerge until your eyes are at water level then jump and catch a fly in your mouth

Speed boats

- with knees bent, mouth at surface and arms trailing behind, run around making speed boat noises
- Blow Bubbles to create the motor of the boat

Sea Saw

- in pairs, hold arms, one stand up, other goes down under water –blow bubbles each time you submerge in the water

Pick up objects

- collect and retrieve objects from the bottom of the pool
- encourage bubbles
- encourage horizontal body position



## In Water Games

### Catch the Dragon's Tail

**Equipment**

Band or ribbon per team.

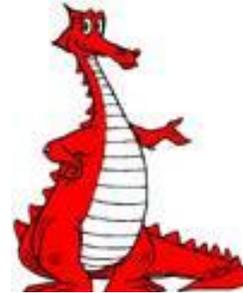
**Area**

In water, entire pool

**Formation**

Children in groups of 6-8 lined up one behind the other

–all hold onto the waist of the person in front. Back person tucks a band or bib into the back of her togs.



**Instructions**

On "Go", the front person in line (Dragon) chases its own tail i.e. the front person whose hands are free tries to snatch the band from the back person.

If the dragon does catch its tail, the head person moves to the end and takes up the last position. And the second person in line becomes the new head.

Repeat several times, or until each person has had a turn at being the head.

### Radishes and Raisins (Rats and Rabbits)

**Equipment**

Swimming Pool, cones or markers at each end to show central line

**Area**

In water, entire pool

**Formation**

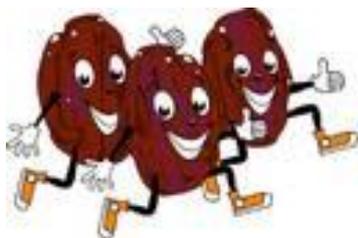
As in diagram – children in 2 teams lined up adjacent to a mid-line. One team called Radishes, the other called Raisins.

**Instructions**

When teacher calls "Radishes", the children in that team run to the safety of their own line, while the Raisins chase them.

If tagged they join the other team's line. Both teams return to central line.

When teacher calls "Raisins", the Raisins team runs to their safety line chased by Radishes – if caught, the Raisins join the other team.



## Stuck in the Mud

### Equipment

None, bands to indicate who taggers are

### Area

In water, entire pool can be used or smaller section if desired

### Formation

Free spacing, 3 (or more) children have bands and are the taggers.



### Instructions

On "Go", the taggers chase the runners, attempting to tag them on the back.

If tagged, runners bounce on the spot until freed by another runner swimming/diving through their legs.

## Couple Tag

### Equipment

None

### Area

In water, entire pool area

### Formation

Three couples with inside hands joined are the taggers. (Number of tagger may depend on students in water)

### Instructions

Taggers keep hands joined and chase the free players.

If tagged, the free player replaces the one who tagged him.

Continue for several minutes.

## Captains coming

### Equipment

Cones for marking port, starboard etc

### Area

In water, entire pool area

### Calls

**Bow** – all children run to that end of the area.

**Stern** – all children run to that side.

**Starboard** – all children run to that side.

**Into the Lifeboats** – sit cross-legged on pool floor, arms folded across chest.

**Row Boats In** – teacher calls a number e.g. 4s, and then players stand one behind the other in groups of that number e.g. 4.



**Port** –all children run to that side.

**Torpedoes** –all front float lying still.



**Dive Bombers** – children kneel or crouch on bottom of pool, bend their heads forward and cover their heads with arms.

**Seagulls** – children stand with legs apart, arms waving overhead.

**Submarines** – children lie flat on their backs, legs apart, 1 arm raised vertically upwards.

**Captain's Coming** – children stand to attention facing the teacher and salute.

**Scrub the Deck** – on hands and knees – scrubbing action.

**Sharks** – children make shark fin on head and move around pool

Teacher could have card with these commands printed on them.

## **Cat and Mouse**

### **Equipment**

None.

### **Area**

Section of the pool

### **Formation**

Groups of 5-7 children – hands linked in a circle. One child is the cat and stays outside the circle, another child is the mouse and stays inside the circle.

### **Instructions**

The cat tries to get into the circle to catch the mouse, who can “duck” in and out under the arms of the children in the circle.

The children in the circle try to keep the cat out and protect the mouse.

When the mouse is caught, another 2 players become the cat and the mouse.

## **What's the Time Mr Wolf?**

### **Equipment**

None.

### **Area**

In water, entire pool

### **Formation**

One or 2 lines of children along a starting line, with leader out in front (Mr Wolf).



### **Instructions**

Leader begins walking forward with class following behind.

Class asks in unison “What's the time Mr Wolf?” Leader can respond “its running time” (or other movements) and leader begins running with children following.

Leader can answer “Dinner time”, all children turn and run back to the starting line and leader attempts to tag as many children as possible.

Leader keeps a tally of the number of children tagged.



Repeat several times then change the leader.

Leader can respond with several movements before giving the "Dinner time" response.

Activities may be on-the-spot activities or moving ones.

#### End – Games

- Whirlpool
- Truck and Trailer – in pairs one uses arms, other hold feet and kicks
- Under and Over – in teams first one passes ball over top the second passes thru' legs and so on
- Kicking races on big mats
- Whale Wiggle(Hokey Tokey)

