

Dry Land Activities

Breathing

- Holding breath
- Slow release of breath
- Breathing in mouth and out nose

These could all be practiced sitting down in the class room or sitting in a circle out on the school field. Children could also practice their breathing while walking around.

Warm ups:

Skipping, Star Jumps, Jogging, Touching Toes, Side Stepping, Low Jumps, Dodging

Body Position

- Standing and walking in a streamline position – arms up behind ears, eyes looking straight ahead. If it is safe children can try walking backwards too. (if children find this difficult encourage them to play in monkey bars – if available – to help increase flexibility in shoulders).
- Lying down flat and attempt to lift butt up off floor while keeping arms and legs straight.
- Lying on tummy lifting both arms and legs up at the same time, then try the same lying on back – good co-ordination

Body Core Exercises:

- Start with knees and hands on floor, extend right arm up in front and lift left leg at the same time – alternate and repeat. Keep head looking at the ground.
- Lie on tummy – lift both arms and legs off the floor at the same time. Arms extended in front. Ensure feet are not lifted too high. Hold 20 seconds and increase hold. Repeat
- On side – one arm above head, other in front for stability, legs straight, pointed toes and lift both feet off the floor. Hold for 3 seconds and slowly lengthen hold.
- Crunches/Sit Ups- variety of ways e.g. hands on head alternate arm touching leg, lying on back and lifting up to touch toes.

Lower Body Exercises:

- Squats – feet apart, hands extended in front, head looking forward ensuring straight body position
 - Continuous Jump Squats – hands on hips, bend, jump
 - Split Jump Squats – one leg in front, jump and alternate
 - Lunges – alternate feet out in front
 - Lunge Walk – keep head looking forward ensuring good body position
- Once the above mastered, add weights to all of the above squats – can use dumbbells, medicine balls holding them out in front first, then above the head.*



Kicking

- Check to see that all children can flex their feet
- Sitting on a chair with legs out straight talk about what their kick should look like
- Try kicking and tapping their big toes together
- Practice kicking from hip while lying down on front and back
- Breaststroke leg action – either lying on tummy or sitting on chair

Upper Body Exercises:

- Push Ups – ensure long body position, head in line with the body keeping a straight line
- Push Up with One Leg off the Floor (alternate legs)
- Push Up and rotate coming up and raise your hand

Arms

- Check children's ability to coordinate forward arm circles then add walking in while doing circle arms
- Try the same exercise with backstroke arms
- Try the same exercise with Sculling
- Describe breaststroke arms

Breathing Position

- Explain rolling and rotation and get children to practice moving from standing facing forward to standing facing sideways by moving on the ball of their foot.
- Get children to lie on their sides
- Lying on the ground practice rolling from their front to each side

Butterfly Undulation

- Get children to imagine they have a wall behind them. Push their butts back to the wall then stand straight (this mimicks the fly undulation).

Dives

- Go through the progressions for diving to enable children to understand placement of body, arms and feet, before they get to try it at the pool.

Turns

- Practice forward rolls on the ground. Discuss tucking head in.

