

PRACTICAL ACTIVITIES – SEND – Supporting pupils with Sensory and Physical needs during School Swimming

Show range of equipment:

Bubbles/machines; egg flips; various balls (sizes and textures/tactile); sinkies; seaweed; music and musical instruments; floats (with netting); various sizes; mirror floats; noodles

ACTIVITY	TEACHING POINTS	RESOURCES/OTHER
1. Trust activity (Staff icebreaker)	<p>Walk your partner around the edge of the pool, giving clear instructions and encouragement; help them to get in and give guidance to enable them to get from one end of the pool to the other, either walking or swimming (stay with them)</p> <p>Discuss RA – ratios & support in water; emergency procedures, to include explaining lesson before on poolside (before hearing aid/processor removed); lifeguards aware of needs of pupils; parents involved; PUPILS HAVE ORIENTATION OF POOL; position of staff either side of pool (so hand waving for hearing impaired pupil, can be implemented if needed)</p> <p>hearing impaired pupils: visual sign card Medical certificate may be needed for submersion Brightly coloured ball on stick to show pupils approaching side; safety signals agreed beforehand</p>	Black out goggles
2. Growing our plants (water familiarisation and confidence)	Pupils on the side; Using watering cans; trickle water; encourage pupils to stretch and 'grow'	Watering cans; scoops; squeezes
3. Movement through the water:		Floatation aids

	<p>circle; banana; square; pencil; ball; letters</p> <p>Extend: scull – shape – scull – shape.... (T point sculling- clap thigh)</p>	
8. King of the Sea	<p>'King Neptune who lives at the bottom of the sea has invited you all to tea. He always serves fizzy lemonade so we want to see the bubbles!' Students chant: 'We are going to see the king of the sea'</p> <p>Teacher says, 'and when are you coming back?' on word back, students submerge. Teacher shouts 'Monday, Tuesday, Wednesday.....' until student's surface.</p> <p>(Extension – bring up cakes from the pool floor – sinkies)</p> <p>Students unable to do this, can have bubbles blown across the pool for them to try to blow or pop</p>	<p>Coins; gems; other sinkies</p> <p>Bubbles for those who can't blow bubbles</p>
9. Pass the parcel	<p>Pupils on backs or standing, passing the ball; when music stops, pass from one hand to another or around body (with help)</p>	<p>Beach ball; music</p>
10. Eggs for breakfast (Group support)	<p>Group – circle, feet in to centre (or individual)</p> <p>2 positions: Lying in bed and sitting in chair</p> <p>Teacher calls 'breakfast is at 8am'</p> <p>Students helped to count 5 o'clock; 6 o'clock On the call of 8 o'clock, poached eggs are dropped in the middle of the circle (or in front of the individual); they have to rotate forward into chair position to grab egg with both hands)</p>	<p>Eggs or squishy balls</p>

	and pupils; backs to centre of circle – teachers holding noodles in arch – teacher takes one pupil at a time through the octopus legs; avoid the tentacles	
17. Hokey Cokey	Circle or line – follow actions (or adapt) to words of song	
18. Sounds of the sea (calming activity) OR sleeping lions	Moving through the water; gently swaying..... Could add Mexican wave	Under a woggle/through a hoop held by the teacher Soothing music
19. rotation	Exploration Candidates try to rotate using initiated movement of head/arm across chest...	

Supports in Water

Close support under arms
Short arm support
Long arm support
Magic finger

Group Supports

Circle	<p><i>Cross Arm Support</i> – helpers arm around back of swimmers holding wrists of other helper. Swimmers arms around helpers shoulders</p> <p><i>Through Arm Support</i> – helpers hold swimmers wrists, palms uppermost</p> <p><i>Palm to Palm</i> – for the more confident swimmers</p>
Line Formation	