Confidence building activities for Non/Beginner Swimmers 2021

BUCKS SCHOOL SWIMMING PARTNERSHIP

Activity	Teaching points	Enable/Extend	Resources
1. Bean Game – jumping; runner; broad; string; baked; beans on toast; French; Mexican; chilli	Moving across pool; change bean quickly and often; **baked bean** (mushroom float) = big breath; chin on chest, knees tucked in tight, hold position tight, trickle breath out; **beans on toast** = lying on back in star position, ears in water, tummy up, flat position on surface of water	**Enable:** using floatation aids; head up **Extend:** shoulders under water; touch bottom of pool on jumping bean; sink to bottom during baked bean	Floats and noodles/other floatation aids if needed
2. Simon Says....	● Tread water ● Find a float/woggle & take feet off the bottom ● Swim to nearest side ● Shout and call 'HELP' ● Find 2 others & huddle – feet off pool bottom ● Float on back ● Swim with head out of water ● Climb out if appropriate		Floats or woggles
3. Egg and Spoon		**Enable:** with woggle	

Races	Groups of 4 carry egg and spoon either running or swimming across to other side of pool to pass to next person; could use balls; egg flips; ducks; boats; animals etc	**Extend:** swimming with egg and spoon	One plastic egg and spoon per group could use balls; egg flips; ducks; boats; animals etc
4. Shopping Game	Again, in teams, using a float or woggle held in front like a shopping trolley, pupils need to take it in turns to collect equip from the side/bottom of pool, back to their team hoop; next swimmer then goes. Could use items with numbers on for pupils to cost up purchases! ***Activities 2, 3 and 4 can all be played individually or as relay activities***	**Enable:** various floatation aids **Extend:** items on bottom of pool	Noodles/floats; various equipment – ducks; animals; boats; sinkies; foam letters/numbers
5. Flip the flying saucers/planets/ shells!	Throw in lots of egg flips; label pupils Dolphins/Sharks Aim: dolphins aiming to blow egg flips to yellow; sharks aiming to blow to 'another' colour; you may not use hands This activity encourages pupils to get faces close to water (chin in water) and to blow out to prepare for breathing in strokes	**Enable**: floatation aids to be used; walking **Extend**: swim from flip to flip in deeper water	Egg flips
6. Stuck in the Mud	Space group in pool; one player begins as 'it' and aims to run/swim to as many people as possible to tag them; once tagged, hold arms wide on surface of water, legs apart (star shape); to be	**Enable**: tag to free **Extend**: swim through legs; do not put feet on bottom of pool during activity	

	freed, another pupil needs to duck under arms/swim through legs		
SKILL DEVELOPMENT **Body Position** **Synchronised Swimming** **1**. individually explore different types of floats and different shapes in the water **2**. In groups of 4 – 6 develop a short synchronised routine using at least 2 floats **3**. Group performance	Aim for flat body position: Star float, front and back; tucked float, front (knees tight into chest, chin on chest) and back; log float, front and back On front, take breath and trickle breathe out ('talk to fishes') Consider using the following in your routine: *A formation; i.e. star, line, square *Travel in your routine – cannon, unison *A jump *Submersion *A glide Nb. Personal Learning and Thinking Skills used: team workers; reflective learners; effective performers; creative thinkers; some – independent enquirers Gifted and Talented, opportunities for leadership One group at a time	**Enable**: use of floatation aids; shallow water **Enable**: use of floatation aids; shallow water **Enable**: floatation aids where required	Music; stereo; stimulus for a theme Noodles for less confident pupils

4. Gliding Challenges	In pairs, take a deep breath, push from side in 'hands on' position, trickle breathe out (talk to fishes); partner puts a marker on side of pool when they see the legs dropping from the glide		Sinkies to be used as markers
SELF RESCUE **SAFE CODE** Example Scenarios FLAG ACTIVITY	*eg.You are walking along the Thames and notice a day cruiser in flames, with people panicking + jumping into the water – what would you do?* **Black & white** - Swim to other side - Woggle - jet ski - wind surf **Red** – Climb out **Red & Yellow** – Use paddle board – float and kick legs	**Enable**: 2/3 floats; close to side	Noodles/Floats if needed