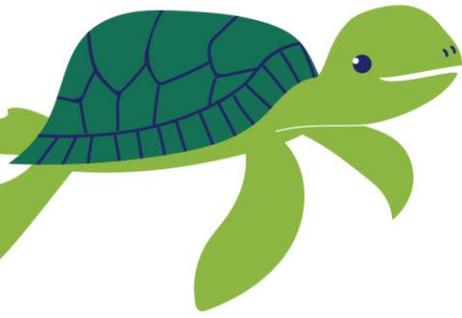


Drama Class – Teach a Lesson

- Someone is nominated as the swimming teacher - you can use dolls/toys or siblings as your participants.
- Can you think of what you'd do in your swimming lesson?
- What would the teacher say?
- How would the teacher demonstrate the activity to you?
- Can you do the same?

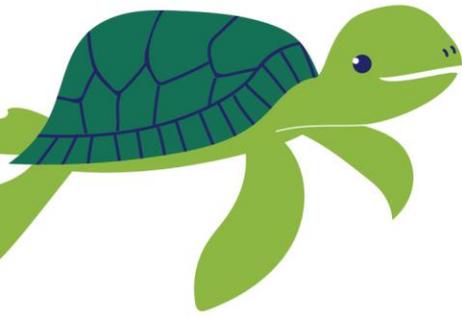




Simon/Sally Says – Swimming themed

- One person is ‘Simon’ or ‘Sally’ and your family or siblings are the participants.
- The rules are; if ‘Simon/Sally says’ an instruction then the participants have to copy the instruction. For example, ‘Simon/Sally Says get into a streamlined position’.
- If Simon doesn’t start his sentence with ‘Simon/Sally Says’ then the participants shouldn’t copy his instruction. If they do then you can decide on a forfeit for them.
- What actions can you come up with that relate to swimming? Try some of these examples: pencil jumps; breaststroke legs, front crawl arms; sculling position; diving start.

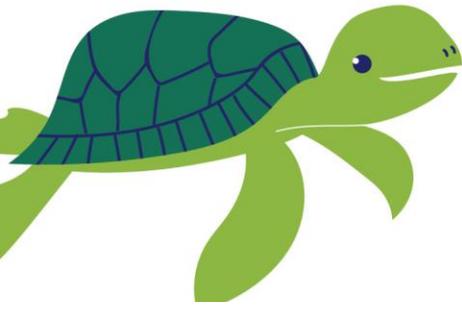




How many drops fill the dot?

- You will need an A4 piece of paper, some water (if you have food colouring add this to your container of water) and a pipette.
- Draw different sized circles onto the page.
- Using your pipette count how many drops of water it takes to fill each dot.
- If you don't have a pipette can you find something as an alternative already in the house?



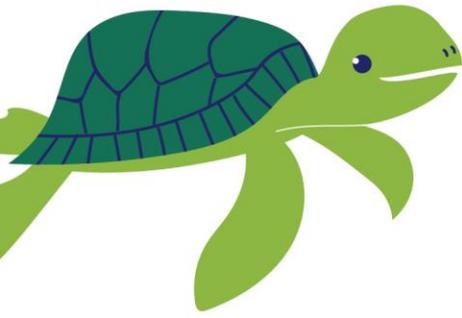


Swimmer's Circuit – Dice Edition

- Set up as many activity stations as you like, or as many as your room can fit.
- Activity examples: push ups; hopping; burpees; pencil jumps; sprint on the spot, sit ups; star jumps.
- Now find some dice from a board game – each person takes it in turns to roll the dice - whatever number it lands on is how many of the first activity you all need to do.
- The next person then rolls and you do the same as above but for the next exercise in the circuit.
- Every person does the same activity at the same time, working around the circuit together.

Progression: Double or triple the number that you get on the roll of the dice.





Mirror Game

- In pairs face each other (at least 2 metres apart) and take it in turns to perform an action.
- You only have 30 seconds on the timer to get your partner to copy the action you're performing.
- No talking allowed, just a silent game of mirrors.
- Here's some examples: front crawl, breaststroke, diving start, backstroke arms, star jumps, streamlined or push and glide arms (arms above head, one hand on top of the other, arms held close to ears).
- Once your partner starts to copy the correct action they can guess at the end of the 30 seconds what they think you were showing. If they get it right they get a point and it's their turn. If they get it wrong you get the point and can take the turn again.

