



Swim School activity pack

We can't provide your swimming lessons, but we can provide some fun activities for you to do while you're at home!

Let's get started!



Learn to Swim
Programme



Contents page:

- 1) Breathing techniques at home
- 2) Talking bubbles game
- 3) Create a Swim dance
- 4) Design a swim school mascot
- 5) Tell me a story...
- 6) Design a swimming costume
- 7) Olympic swimming quiz
- 8) Dry swimming video

Have a go at all the activities or just pick and choose!

We'd love to see how you get on and we'd really like you to share videos and photos to show us what your children are getting up to at home! You can email us at swimming@wiltshire.gov.uk or Facebook us: @aqualetes

Watch out for part two of our activity book coming soon.



Practising breathing techniques at home

You can still continue to practice your breathing techniques at home by using a large bowl/tub of water or in the bath at home!

Please consider adult supervision for this activity.

Here's an example for front crawl:

- Place your face in the water looking downwards.
- Blow small bubbles in the water whilst your face is submerged.
- Expel all remaining air into the water before turning head to breathe.
- Turn head to one side rotating the head and keeping one ear in the water, keeping your head in line with your body.
- Breathe in and then turn head back to face submerged.
- Repeat on the other side.
- Practice counting slowly to three (to mimic three strokes) before turning head to the side to breathe.
- Always breathe bilaterally – to both sides and alternate the side each time.

This video has been created by Swim England to demonstrate the correct breathing technique for front crawl whilst swimming.

<https://www.youtube.com/watch?v=1I-SgzJNtCQ>

Have a go and come back to lessons better than when you finished!



Talking bubbles!

You will need:

- A large tub or bowl
- Hat and goggles (optional)
- Water

How to play:

1. Fill a large tub or bowl with water.
2. The person playing wears the hat and goggles.
3. The player will submerge their face in the water and try to say a chosen word whilst blowing bubbles in the water.
4. The other players must guess the word correctly.

Scoring:

Option A – Individuals

- A point is scored by each correct word.
- The player with the most points wins.
- Keep playing until every player has had a turn at blowing bubbles.
- Or keep going for as many rounds as you like!

Option B – Teams

- Put all players into two teams.
- Each team nominates a player to blow bubbles both teams go at the same time and the team that guesses first wins the point.
- Keep playing until all players in each team have had a turn at blowing bubbles.
- Or keep going for as many rounds as you like!
- The team with the most points at the end is the winner.



Swim dance

Create a new dance craze using just swimming strokes!

Get together with your friends over FaceTime and work out a dance routine using just swimming strokes!

You can make it as long or as short as you like, you can include as many of the strokes as you want, repeat strokes and add other elements in to your dance too!

We'd love to see the results so when you're ready for your grand performance get someone to film you, and post it on Facebook tagging in @Aqualetes, so we can see them and share them on our Aqualetes Facebook page also.

Think about including:

- Your siblings
- Your parents
- Your cuddly toys
- Swim products like hats and goggles!



Design a swim school mascot

All you need to do is get your thinking (not swimming!) cap on and design a mascot for our swim school programme!

Think about the creature or person that you're creating, what might it wear, what could it hold, what might it be doing!

Send us in your designs via email at swimming@wiltshire.gov.uk, with your name and age, and we'll publish them on Facebook!



Tell me a story...

Write a short story or poem about your time in the water, how it makes you feel, what you enjoy about it.

Can you include any of the following words? Can you use them to rhyme with other words?

Swim Hat Stroke Goggles Splash Float Kick

When you've written your story or poem, send it in via Facebook messenger or email it to us at swimming@wiltshire.gov.uk, with your name and age, by Sunday 5 April.

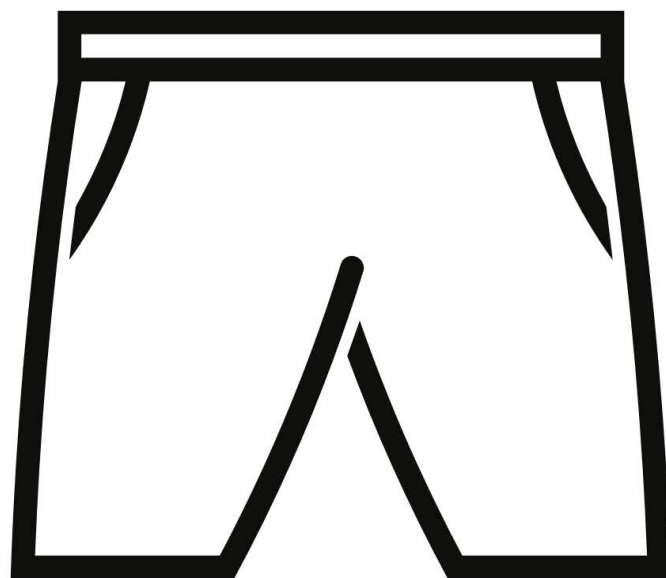
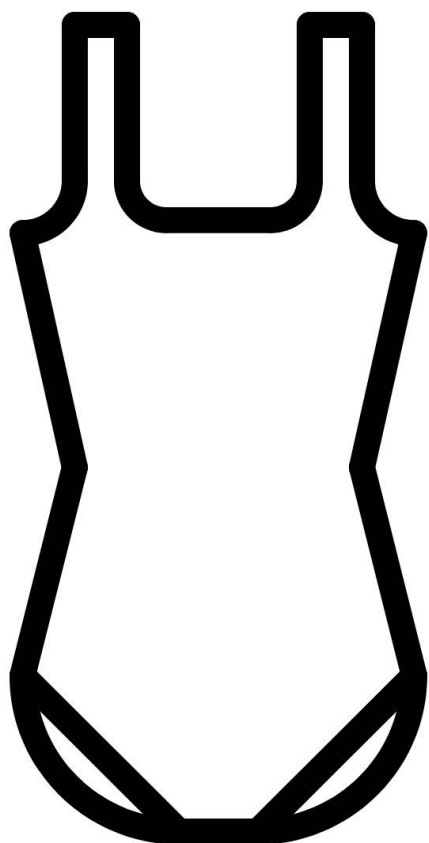
We'll share the best ones on social media and give our favourite one a £5 gift voucher to spend on Zoggs swimming products when we re-open!



Design a cool new costume

Think about spots and stripes, lines and blocks, shapes and patterns and of course, colours!

Send us your finished designs via email at swimming@wiltshire.gov.uk with your name and age, and we'll share them on our Facebook page





Olympics Swimming Quiz

Put your research skills to the test with our BIG SWIM quiz!

1) Can you name 5 British swimmers?

- a.
- b.
- c.
- d.
- e.

2) How many medals have British swimmers won at Olympic games in total?

- a. Gold.....
- b. Silver.....
- c. Bronze.....

3) Can you name Britain's most recent Olympic gold medallist?

- a.

4) In the medley event, what strokes are used by the 4 swimmers involved?

- a.
- b.
- c.
- d.

5) When was the last time that the Olympics were held in this country?

- a.



- 6) Can you name 5 different swimming events that take place at the Olympics?
 - a.
 - b.
 - c.
 - d.
 - e.

- 7) Who is the world record holder for swimming 50 metres freestyle (front crawl)?
 - a.

- 8) How many people are there in a synchronised swimming team?
 - a.

- 9) When was the first Olympic Games held?
 - a.

- 10) How many countries competed in the 2012 Olympic Games?
 - a.

Send your completed answers to swimming@wiltshire.gov.uk, with your name and age, by Sunday 5 April and we'll put all the correct ones into a draw to win £10 worth of gift vouchers to be used against our Zoggs swimming products range (when we re-open).



Dry swimming

We know you can't get in the swimming pool and practice your swimming with us at the moment but we'd still like to see your efforts at keeping swimming at home!

Send us your video clips of the stroke technique practice you're doing...think about what you wear, the different strokes you could practice and where you practice your swimming!

We'd love to see you practicing your swimming in different locations from around your house and garden!

You can send in your best clips via our Facebook page @aqualetes and we'll share them over the next couple of weeks, or post them on your own timeline and tag us in @Aqualetes so that we can see and share.