



Swim School activity pack 2

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

Released Friday 17 April



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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



Water safety quiz

1, Name three rules of the swimming pool:

2, What are the 2 health rules you should do before entering the swimming pool?

3, What do the following signs mean?



(a)



(b)



(c)



(d)



(e)

4, How can cold water effect your swimming ability?

5, Name two rules of the water safety code:

6, Why is it a bad idea to jump in to try and save someone?

7, How often should you apply sunscreen?

8, If you are drowning what should you do?

9, Why do we teach floating?

9b, List as many different types of ways to float:

10, Why is diving or jumping in shallow water not permitted?



Water experimentation time

Try your hand at our home made science experiment! You might need a responsible adult to work with you through this but try the objects below, see what happens and see whether you can make a link between those objects!

Float or Sink

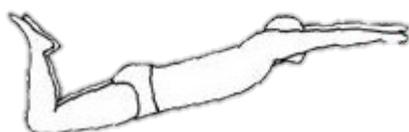
Objects	Float 	Sink 
 coin		
 pencil		
 cotton ball		
 crayon		
 rubber band		
 wooden stick		



Butterfly arms game

You will need:

- A bucket
- Tennis balls or two balls of a similar size (that can be held in one hand).



Stand away from the bucket while holding two balls in your hand, try to use your butterfly arms to throw the balls into the bucket.

You can even make it a competition among the family and see who can get the most balls into the bucket from 5 attempts – so a total of 10 balls.

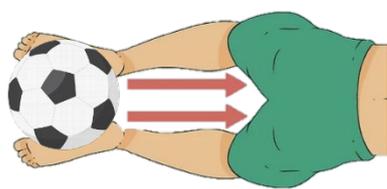
You could also make the throws worth more points depending on how far away you are stood.



Breaststroke legs game

You will need:

- Football or ball (similar sized)



You will need to lie on the floor in pairs on your stomach facing away from each other.

One person has the ball in-between their feet and brings their heels up to their bottom and then the other person waits with straight legs.

The goal is to pass the ball between you back and forth using that action without dropping it.

For an extra challenge you can try it facing each other and as you lift your heels up try to flick the ball to the other person.



Fill in the blanks

Fill in the blanks below with any words you like, see if you can make different types of stories by changing the words you use.

_____ really wanted to learn how to swim. _____ decided to _____ at the local swimming pool. When _____ got there, they were _____ to see lots of other people and felt suddenly _____ to be there.

_____ got into the water, it was really _____. They noticed the lifeguard watching all the swimmers, _____ went over to the lifeguard and said _____.

Suddenly _____ noticed a _____ appear out of the water! They shouted _____! The lifeguard came over to see what was happening.

Another swimmer came over to _____ and asked if they were ok? They offered to teach _____ how to _____.

_____ said _____ and they went off together to practice. _____ was very _____ and felt _____ to come swimming again.



Further information

Wiltshire Council has set up a dedicated hub to support the most vulnerable residents during the ongoing COVID-19 situation. People can get in touch with the hub via email at wellbeinghub@wiltshire.gov.uk or by calling 0300 003 4576. It's available from 8am-8pm Monday-Friday and 10am-4pm Saturday and Sunday.



Wiltshire Council have produced a corona virus community pack to give you guidance on how to stay safe and supported during this time. Find out more and [download the pack](#)



Wiltshire Council has published a directory of community volunteer groups that have been set up throughout the county, in the wake of the ongoing COVID-19 situation. Find out more and [download the directory](#)



Wiltshire Council has created an information pack for volunteer groups to help them support their communities during the ongoing COVID-19 situation. Find out more and [download the pack](#).



Wiltshire Council has created a dedicated webpage with a full list of community resources including leisure activities, libraries, history, arts, digital learning and home schooling. Find out more at www.wiltshire.gov.uk/leisure-active-communities