# Warm up Activities – Swimming Activities

## Water confidence activities

### Ring a ring of roses

In line with the party game, the pupils recite the rhyme and dip below the surface on “we all fall down”.

### Washing your face

Here pupils wash their face using the water, to become confident with water going on their faces.

### Follow the leader

This activity encourages pupils to move around a defined area in the pool.

Pupils mimic the movements of the leader, which can include changes in direction; changes in speed; dipping under the water.

As pupils become more confident they can start to use specific strokes, although organisation and management will then become important to ensure safe practice.

### Move like …

Here pupils are encouraged to imitate different animals.

For example pupils can be asked to move like different animals; mini beasts.

Movements can be made above or below the surface depending on ability.

### Under and over

Here pupils can be set mini courses in the pool to complete – for example weighted hoops can be used to encourage pupils to swimming under water.

Markers or cones on the floor of the pool can also be used so that pupils have a set course to complete.

### Simple Simon

Again a common game played, and just transferred into the pool.

The teacher calls out different instructions, which pupils follow only if “Simple Simon Says”.

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### Stuck in the mud

Here a tagger is identified with the role of trying to tag as many of the class as they can.

Once tagged the pupil must stand still in the pool with their arms out and legs spread wide.

To be freed a non tagged pupil must either swim or move either under the tagged pupils arms or legs.

When setting the game up, as the teacher you will need to be very specific about the direction of travel for pupils e.g. front to back or back to front to avoid any collisions.