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EQUIPMENT/TOY	TEACHING ACTIVITIES/GAMES WITH AIMS
 <p>PURPLE LOG (6" x 36")</p>	<ul style="list-style-type: none">• Swimming under "purple log"• Frog dives→working on leg extensions• Back floats• Dives over or under
 <p>TURTLE KICKBOARD</p>	<ul style="list-style-type: none">• Use for kicking• Sit on side and knock over with hand• Use on stomach then rollover to breathe on back• Side kicking/breathing• Kicking on back• Place marker for distance swims• Baseball→Hitting with balls and swim back to island• Relay with Turtle



TUGBOAT/SUBMARINE SPOUT

- Pour water over the kids' heads
- Boat races with streamline while holding boats
- Works on breath control
- Comfort with water on face and head
- Water the toys, water the animals = Games
- Sing Row Row your boat
- Floating boat kicks→Who can more the boat furthest with kicks?
- Push boat with head during swim



SINKABLE ANIMALS

- Place mat for diving
- Climb out to kiss frog
- Sitting or standing spot
- Circuit training
- Form line underwater (look at frogs to keep head down)
- Use as an indicator for where to breathe before flip turn.
- Kids go to bottom of pool and push off the bottom
- Have the frog swim through the water first (swimmer throws under water), then have swimmer retrieve it



WATER FUN MAT (20"x40")

- Kicking wars
- Use as a tunnel
- Intro back floats
- Safety→jump over and swim back
- Tummy time
- Drop starts (swim under|)
- Run across and jump
- Obstacle course



JELLYFISH SINKERS

- Watch Jellyfish sink to the bottom for practicing eyes in
- Paint with tentacles on a dry foam turtle
- Use on belly for balance
- "Choose the #2" for looking underwater (or colours)
- Streamlines and push offs→try to catch it before it sinks
- Getting jellyfish in order of numbers
- Get a number jellyfish and have to do that number of kicks, bubbles, jumps, etc..



SEASIDE SQUIRTERS

- Hold on tummy in a back float
- Use as forehead weight in back float
- Save the animals
- Kick to the animals
- Hand/eye coordination
- Sink it to use for diving
- Squirt over head
- Put animals in jail
- Reaching/grabbing
- Paddling



SHARK FISH HUNT

- Scooping fishes from the bottom
- Surface dives
- Underwater swimming, bubbles, retrieve fish from underwater
- Underwater obstacle course, collecting fish to feed the sharks



DELUXE NOODLE BOAT

- Remove ring and jump over the noodle and swim back under (rainbow jumps)
- Cut noodle into smaller pieces → place in hands to help with big arms



DIVE RING

- Birthday Cake → Practice blowing out candles
- Dive to pick up
- Scuba mask
- Drive cars
- Balance



MAGIC MIRROR

- Putting face in the water
- Bubble kisses
- Look at while back back floating
- Put mirrors against wall and high five
- Kids go under and look up at mirror (place mirror face down)
- Looking at the mirror after a submersion



ALPHABET SOUP GAME

- Submerge to spell (works preschool readiness)
- The cards are good for new kids/scared/first day→get them comfortable in the water with a game
- End of class activity



SINK AND SEEK RINGS

- Parents holding out in front while pulling kids through the water
- Hold over head for dolphin kick, hands in ring, thumbs down
- Work on streamline by holding ring in front with both hands
- Counting rings and colours



CHAMELEON WATERING CAN

- Swimmers are "seeds", they grow when teacher waters them



"NEMO" HAND PUPPET

- Introductions→Introduce names
- Sing songs



FOAM RINGS

- Chin down
- Increase difficulty for underwater swims
- Use between knees
- Use on tummy for back floating
- Use to streamline
- Could make necklace. Throw and row to get it
- Progression with big arms
- Swim to it and hit it like a buzzer



JUMP ROPE

- Breath control, sensory development in touching
- Swimming under rope
- Jumping destination/Floating help
- Air exchange / breathe-in breathe-out without releasing rope→move while pulling the rope
- In pairs, each on a side of the rope. They swim towards the wall (kicking) and flipturn at wall all synchronized without releasing rope.



SQUIDIVERS

- Use squids as “chin glue”
- Diving/Treasures
- Use 2 colours for back stroke (ie blue arm, orange arm)
- Target
- Underwater colours
- Hold in hand to stretch
- Put on forehead for backstroke
- “Simon says”
- Use for streamline and stroke technique
- Put the squids in holes for kids to play
- Catch the animals→working on kids
- Balance on stomach for floats



FROGGY TOSS & CATCH

- Walking in water→reach towards ball
- Position “I” or streamline towards ball
- Sculling
- Work on balance and stability→ hold ball with a net.