

As they develop

Splish-Splash-Splash

Resources

Plastic watering cans, buckets, containers, egg flips

Let's Play to Learn

- Imagine you have a bar of soap and wash different body parts
- Balance on one leg and wash the other
- Clap the water
- Wash hair and pour water over body and face
- Blow egg flips with chin on the water
- **Action song:** 'Head, shoulders, knees and toes' - wash corresponding body part as you sing
- **Action song:** 'If you are happy and you know it' wash your elbow, etc



Questions

- How do you shampoo your hair?
- How can you change the colour of the egg flip?
- What happens when you clap the water?
- Why do you shower before swimming?
- Why do you shower after swimming?
- Why do you breathe out when pouring water over your head?
- Which container will get you the wettest and why?

Key Words

Wash, rinse, dry, towel, sponge, rub, clean, dirty, shampoo, shower, trickle, blow out, balance

Opportunities to

- Experience the flow of water over the body
- Learn good breathing techniques

Safety & Organisation

- Work in shallow water
- Avoid spending too long on this activity
- Show care and respect for others

0.9m



1.2m



Can you see the child?

- Comfortable with the experience of water flowing over them
- Blowing out when the chin is near the surface of the water

sometimes

most of the time



Rich opportunities

- **Mathematical Development.** Measures and money – understand and use measures
- **Personal and Social Development, Well-Being and Cultural Diversity**
- **Personal Development**
 - (i) become independent in their personal hygiene needs
 - (ii) show curiosity and develop positive attitudes to new experiences and learning
 - (iii) establish daily routines for personal hygiene
- **Well-Being – demonstrate care and respect for other children and adults**

Encourage the child to:

- Sprinkle water over the head
- Blow egg flips

Encourage the child to:

- Pour water over different body parts
- Pour water over the head with watering can and then bucket

As they progress

Woggling Frontiers

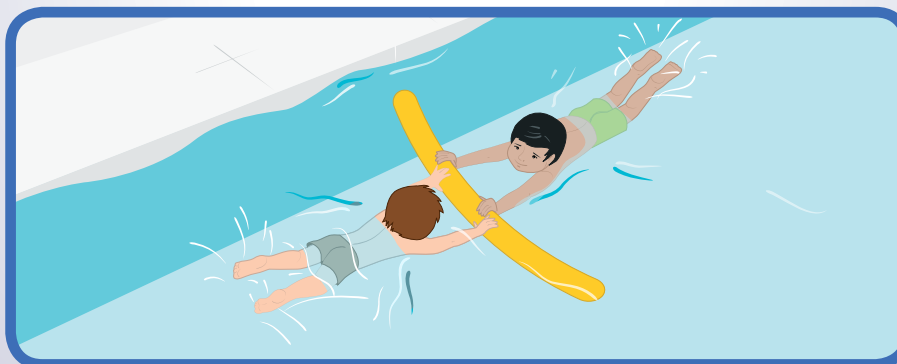


Let's Play to Learn

- With woggle held in front push, glide and get up
- With woggle held in front push, glide and kick
- Face to face with partner, hold woggle with straight arms, and kick hard against each other
- With woggle under arms, across chest, kick and use hands as paddles
- **Action Song:** 'Here we go round the Mulberry Bush'

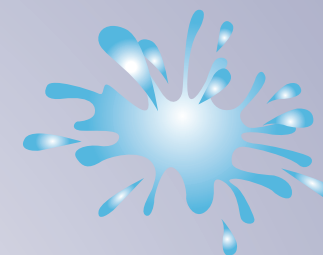
Key Words

Push, glide, kick, together, partner, against, front, paddle, coordination



Opportunities to

- Travel on the front in a horizontal position with feet off the bottom of the pool
- Feel how different shapes make swimming easier or harder
- Coordinate arm and leg actions



Resources

Woggles and armbands

Questions

- What shapes make it harder for you to move through the water?
- What shapes will make you move through the water very smoothly?
- How far can you travel with feet clear of the pool floor?
- How far can you travel using arms and legs?

Safety & Organisation

- Hold woggles firmly
- Use armbands and woggles as required
- Remove the armbands, remain in shallow water and try combining leg and arm actions with the woggle only

0.9m



1.2m



Can you see the child?

- Push, glide, regain feet and stand up
- Kick continuously for longer distances
- Use arms and legs together



Encourage the child to:

- Float and regain feet
- With a partner travel holding a woggle and using any kick action
- Refer to the 'Balance and Rotation' and 'Travelling' Technical Skills Card

Rich opportunities

- Personal Development
- Adventurous and Physical Play – solve problems as a pair
- Health, Fitness and Safety
 - (i) recognise the effects of exercise on their bodies as they move
 - (ii) describe what happens to their breathing and how they feel after exercise

Encourage the child to:

- Kick for longer periods in a horizontal position
- Coordinate legs and arms together using any type of action