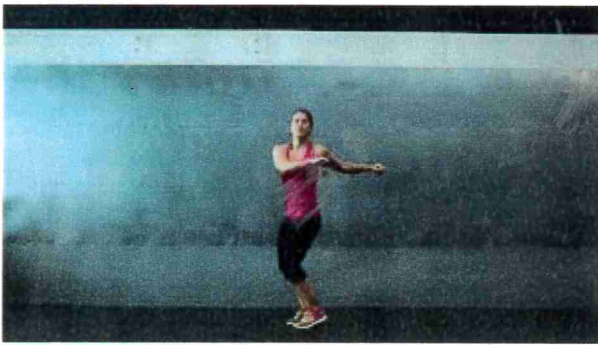


## Swimming Exercises

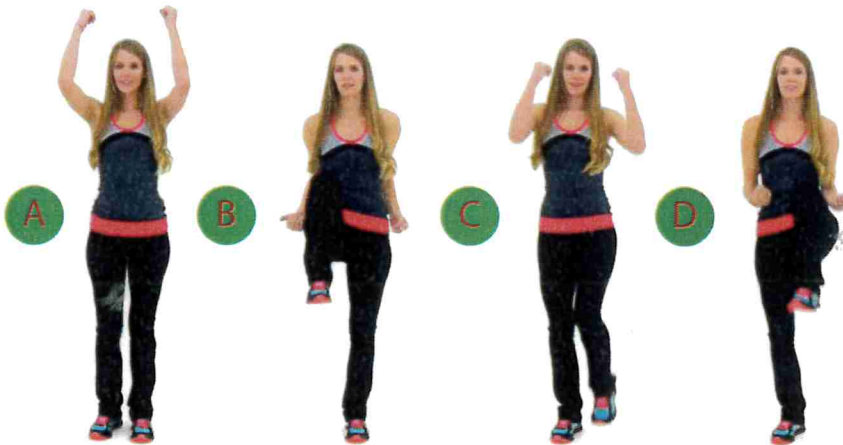
[Ideas To Keep Kids Active At Home in Lockdown- Inspired by a Swimmer for Young Swimmers - YouTube](#)

Warm up — do each activity for at least 10 seconds

Twisting jumps moving to the side



High Knees hands above the head and swing down as one knee comes up.



Jumping — legs together

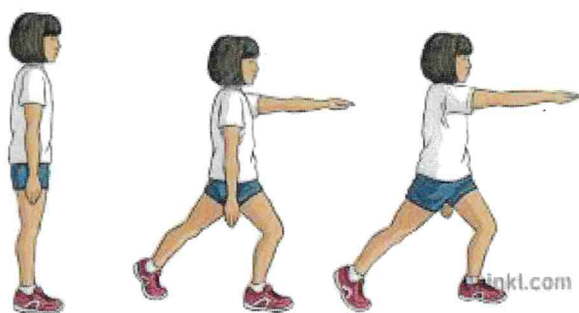


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Marching



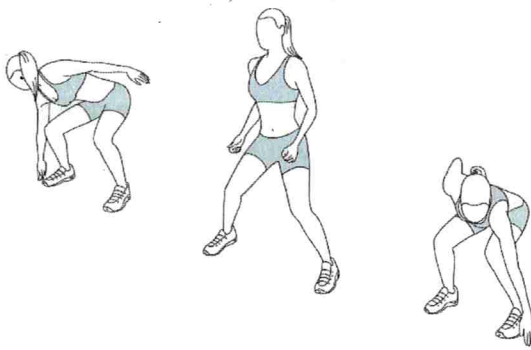
Spotty dog



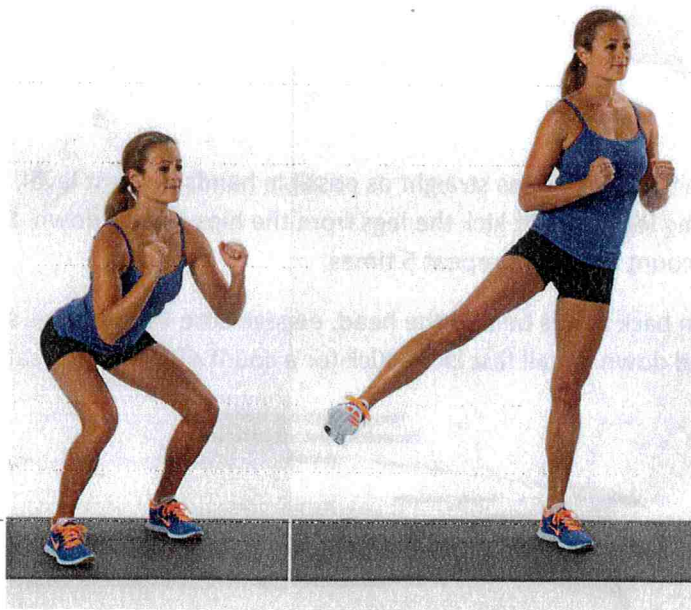
Star jumps



## Shuffles



## Side kicks



## Main Activities

1. Sitting straight legs – Point toes and then flex them (Repeat 10 x) 2 legs together then opposite legs

### Step 1

Start with a flexed foot.



### Step 2

Engage the ankle and ball of foot.



### Step 3

Point through your toes

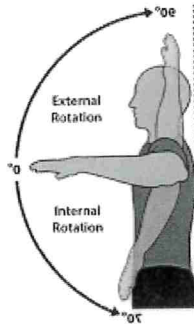


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## 2. Arm rotations both forwards and backwards

Forwards – start with arm straight next to leg, move the arm as far back as possible then rotate hand and move arm as close to head as possible, keep it straight down to leg.

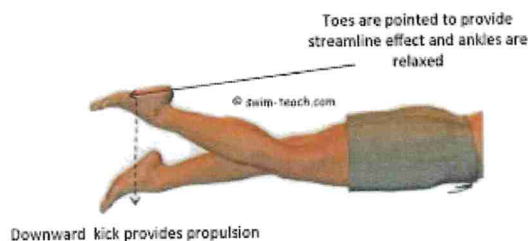
Backwards – start with arm straight next to leg, move arm forward making sure the elbow is straight at halfway rotate hand so palm faces outwards, maintaining a straight arm touch the ear with arm and continue the arm rotation.



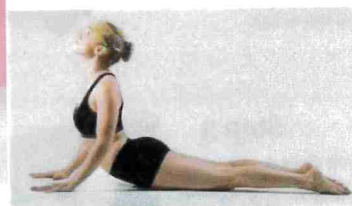
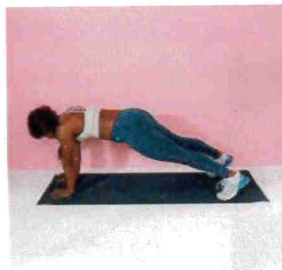
## 3. Kick legs

lay on tummy body as straight as possible hands at chest level, tuck tummy in, keeping legs straight kick the legs from the hips up and down. Small fast kicks. Kick for a count of 10 and repeat 5 times.

Lay on back hands behind the head, engage core keeping legs straight kick the legs up and down. Small fast kicks. Kick for a count of 10 and repeat 5 times.



## 4. Downward dog into plank into cobra and then reverse cobra into plank into downwards dog repeat 5 x



# Stretching

## 5 Ways you can practice swim lessons on land

### Kicking

Encourage your class to kick on land so they can kick better in the water. Have them lie on their belly on the ground and kick their legs one at a time without bending their knees. Have them start slowly to make sure their form is good. They can speed it up once they have the right movement down. Practicing long, stretchy legs can help them transition to stretchy legs in the water.

### Blowing bubbles

Blowing bubbles is an important water safety skill that focuses on helping a child learn to control their breath. This is a good activity to practice anytime there is an opportunity to do so. And most children love doing it! Blowing bubbles can be practiced using a straw and milk or bubble solution and wands so that they create bubbles that stick around so they can – in essence – see the air they are blowing.

### Jump Ins

Some kids are fearful of jumping into the water. Make this a fun activity to practice outside of lessons by having your little one jump from low surfaces. The goal is to have them jump far out, away from the pool wall and into the water. Make it fun by having them start on a couch and jump out onto a set of cushions. Show them how far they can jump so they know they can do it into the water too.

### Climb Ins and Outs

For kids who are just learning to climb, you can practice safe water entries and exits on the couch. Let them get up and down with your assistance. They'll build strength and learn the motions it takes to climb in and out of the water.

### Backstroke on a ball

For those swimmers who are learning the backstroke, have them lie down with a balance ball under their back, so they are lying on the ball. Have them keep their feet on the ground and move their arms in the backstroke position.

### Windmill Arms

Having a strong stroke is important in making effective forward movements in the water. While standing up, practice making windmill motions: Starting with the right arm, have your little swimmer swing it straight back, then straight up pressed up against his or her ear, then extended straight out in front to pull it down back to the starting position. Then repeat on the left side.

Be sure to stress keeping those arms straight and close to the head. While you're at it, make sure those fingers are together and ready to "cup" the water.