



# **Learning to Swim Through Games**

# Entrance into the Water



# 1. Psychological Adaptation to Water through breathing exercises.



Pupils pretend to be blowing up a balloon expanding the circle, by blowing into the water's surface.



When the circle expands the balloon pops and the circle contracts.



The sequence is repeated. This helps the pupils to learn proper breathing technique, as well as making them more comfortable with water.



# Learning to move/rotate



Pupils and trainers get together into a circle and begin to move together in either direction



Pupils are instructed to listen for fishes. This helps pupils to become comfortable with having ears in the water.



When the trainer commands for the rain everyone lays back on the waters surface and create the rain by beating with their legs



When the trainer commands for the Sun, everyone lays backwards on the water surface trying to float and balance.



When the trainer commands for the wind pupils quickly turn forward blowing into to the water's surface.



These games help pupils to learn:

- how to move through water
- how to rotate
- how to breathe properly
- how to be comfortable in different positions



# Learning to Swim



The pupil pushes of the edge of the pool.



Then submerged, using momentum swim through the rim.



The pupils get more comfortable being submerged.



Trainers and pupils line up and to a song (it can be anything that it is easy to learn) start passing the ball backwards.



When the ball reaches the last person they swim to the front of the line.



When they reach the front of the line they pass the ball backwards again. This repeats until everyone has had a chance to swim.

