

Physical Education

- The child learns basic swimming skills such as kicking and paddling.
- They develop coordination and balance by using the pool noodle as a flotation device.
- They improve their muscle strength and flexibility through various swimming movements.
- The child gains confidence and water safety awareness while practicing swimming with a pool noodle.

Continued development can be encouraged by introducing different pool noodle exercises and games. For example, you can create an obstacle course using pool noodles and have the child swim through it. Another idea is to have them practice different strokes while holding the pool noodle in different positions.

Book Recommendations

- [Swimmy](#) by Leo Lionni: This book tells the story of a little fish who uses his creativity and teamwork to overcome a challenge.
- [The Pout-Pout Fish](#) by Deborah Diesen: Join the Pout-Pout Fish on his underwater adventures and discover the importance of optimism and perseverance.
- [Beach Day](#) by Karen Roosa: This book takes children on a journey to the beach, where they can learn about the different activities and creatures they might encounter.

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