

# Splash & Learn: A Swimming Adventure!

## Materials Needed:

- Large piece of construction paper or poster board
  - Crayons, markers, or colored pencils
  - Child-safe scissors and glue stick
  - Old magazines for cutting out pictures (optional)
  - A large, shallow plastic tub or basin filled with a few inches of water
  - A collection of small household items (e.g., a cork, a small toy car, a plastic bottle cap, a leaf, a coin, a rubber duck, a spoon)
  - A towel for spills
  - A comfortable space on the floor (a yoga mat or rug is great)
  - Paper and a pencil for storytelling
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## Lesson Plan

### Learning Objectives:

By the end of this lesson, the student will be able to:

- Identify and explain three important water safety rules.
- Demonstrate two basic swimming movements (kicking and arm strokes) on dry land.
- Predict and test whether common objects sink or float.
- Create a short, imaginative story about a swimming adventure.

### Lesson Activities (Total Time: Approx. 50-60 minutes)

#### 1. The Swimming Warm-Up (5 minutes)

**Goal:** To get the body moving and the mind excited about the topic.

- **Starfish Stretches:** Stand with legs and arms spread wide like a starfish. Reach up high, then touch your toes. Repeat 5 times.
- **Bubble Breaths:** Take a deep breath in through the nose, then puff your cheeks out and blow the air out slowly through your mouth, pretending to make bubbles in the water. Repeat 5 times.
- **Safety Chant:** Create a simple call-and-response. Teacher says, "What's the #1 rule?" Student says, "Swim with a grown-up!"

#### 2. Activity 1: The Science of Floating (15 minutes)

**Goal:** To explore the concept of buoyancy through hands-on experimentation and critical thinking.

- Place the tub of water on a towel on the floor. Lay out all the small household items next to it.
  - Pick up one item at a time. Ask the student to predict: "Do you think this will sink to the bottom or float on top? Why do you think so?"
  - Let the student gently place the item in the water to test their prediction.
  - After testing all items, sort them into a "Sink" pile and a "Float" pile.
  - **Discussion Questions:** "What do most of the floating things have in common? (They are light,
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they have air in them, etc.)" "Why is it easy for us to float on our backs in a pool?" This connects the experiment directly to the act of swimming.

### 3. Activity 2: Water Safety Officer Poster (15 minutes)

**Goal:** To creatively apply knowledge of water safety rules, making them memorable and personal.

- Give the student the large piece of paper and drawing supplies. Title it "My Super Safety Swimming Rules."
- Help the student brainstorm and choose three important rules. Guide them toward these key concepts:
  1. Always swim with a grown-up.
  2. Walk, don't run, near the water.
  3. Look before you leap or jump in.
- The student should draw a picture for each rule. They can also cut out pictures from magazines (like a picture of a grown-up and a child) and glue them on.
- Encourage the student to explain each rule and why it's important as they create their poster.

### 4. Activity 3: Dry-Land Swim School (10 minutes)

**Goal:** To practice fundamental swimming motions in a safe, controlled environment, focusing on body awareness and coordination.

- **Flutter Kicks:** Have the student lie on their tummy on the mat or rug. Ask them to lift their legs slightly off the floor and kick them up and down in a fast, fluttery motion, keeping their legs straight. Pretend they are "splashing a friend." Do this for 30 seconds, rest, and repeat.
- **Freestyle Arms:** While sitting or standing, practice freestyle arm strokes. Reach one arm straight out and pull it down through the "water," then repeat with the other arm in a circular motion. Encourage them to turn their head to the side to "breathe" with each stroke.
- **Combine them!** Try to do the arms and the flutter kicks while lying on the tummy for a fun challenge.

### 5. Conclusion & Creative Application: My Swimming Adventure Story (10 minutes)

**Goal:** To synthesize the day's learning through creative expression and imagination.

- Ask the student to create a short story about a swimming adventure. You can provide a fun prompt: "Imagine you are a brave sea turtle who uses super flutter kicks to explore a sunken treasure ship. What do you see?"
- The student can dictate the story to you while you write it down. Then, they can draw a main illustration for their story on the same page.
- **For an extra challenge:** An older or more advanced student can try writing a few simple sentences themselves.
- **Wrap-up:** Ask the student to "present" their safety poster and read their adventure story aloud. Give lots of praise for their hard work and creativity. End by saying, "You were a fantastic swimmer and scientist today!"

### Assessment:

Assessment is informal and based on observation and the creative products from the lesson.

- **Check for Understanding:** Can the student verbally explain one of their safety rules?
- **Demonstration:** Did the student attempt the dry-land swimming movements?

- **Lesson Artifacts:** The completed Safety Poster and Swimming Adventure Story serve as proof of engagement and learning.