ideas for the puggles swim aids

PUGGLES DIVE RINGS

1. Start with a dive ring on the pool step so the child can retrieve it without going under water - gradually moving into deeper when they become more confident.

SHALLLOW WATER

2. As the child's confidence increases ask them to retrieve more than one ring at a time.

MULTIPLE RINGS

3. Assign a colour to each child and on "go" see who can retrieve their colour the fastest and bring it back to the teacher.

FETCH YOUR COLOUR

4. Line the rings up in a row and count to see who can retrieve all of them the fastest. Increase the depth and distance once children become more confident.

DEEPER AND FURTHER



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PUGGLES KICKBOARDS

1. Start with children walking in the shallow end with their board and ask them to retrieve their Puggles Animal, place it on the Kickboard and take it back to the teacher.

SHALLLOW WATER

2. Ask the children to kick with a Kickboard with a Puggles Animal balanced on the board. Start with faces out of the water - try and kick to the teacher without the Animal falling off.

SAVE YOUR ANIMAL

3. Get a noodle and lower it like a rainbow over the water. Ask the children to kick under the rainbow with their Animal still on the Kickboard but face in the water.

UNDER THE RAINBOW

4. The child floats on their back and holds the Kickboard to their chest. Ask the children to kick to the teacher - include a noodle rainbow which they have to go under. Add a Puggles animal and see if they can keep the board still without the Animal falling into the water

BOARD BALANCE



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PUGGLES POOL BALLS

1. Start with children sitting on the wall with legs zipped up (tight together) with pointy toes. Ask the children to roll their Ball down their legs and see who can kick their coloured Ball the furthest in the water.

KICK THE BALL

2. Using noodles as 'crab claws' see who can kick and retrieve their Ball. Start with their faces out of the water and then with faces in the water.

CRAB CLAWS

3. On backs - holding a Ball over their tummy, ask the children to kick under a noodle rainbow.

ON YOUR BACK

4. As a fun game at the end of class - who can jump in and catch the Ball?

JUMP AND CATCH



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PUGGLES BIG BLUE MAT

1. Start with one child on each mat kicking to the teacher with a Puggles Animal balanced on the front of the mat.

MAT BALANCE

2. One child is kicking with the mat - on 'GO' see who can catch the teacher first... the teacher stands a suitable distance away and once the mat touches them they fall underwater making a big splash. This can also be done with the teacher running away and getting caught, then falling underwater.

CATCH THE TEACHER

3. In a safe area away from the edge, stand a child on the mat and see how long they can balance before falling in. Count on your fingers as well as verbally, and encourage the other children to join in the counting.

LONGEST STAND

4. Mat tug-of-war. Have two children opposite each other on either side of the mat - on 'GO' see who can kick the hardest for 10 seconds. The child who pushes the other child backwards is the winner.

TUG-OF-WAR



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FUN FOUR ANIMALS

1. 'Monkey walk' along the wall and retrieve their Animal.

MONKEY WALK

2. Once the Animal has been retrieved - the teacher can throw their Animal away from the wall into the water and on 'GO' the children have to (dependent on ability) walk, run or swim and retrieve their Animal and bring it back to the teacher.

FETCH

3. While floating - see which child can balance their Animal on their tummy without it falling into the water.

LONGEST STAND

4. For confident children who can streamline with their Animal held in two hands, send them under the noodle rainbow, or through a hoop. Extend the distance as they become more confident.

UNDER THE NOODLE



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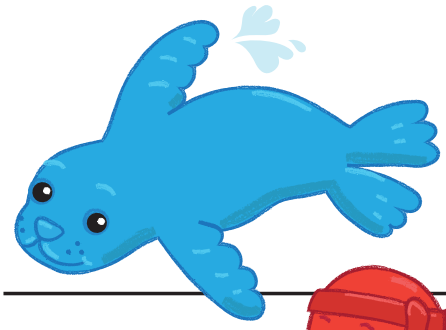
all about the pool fun four Animals

Here is a reminder about each of the Animals and their special ways!



Fred the yellow frog

Fred is a terrific swimmer – particularly breaststroke – his favourite way to swim. He is a joyful little soul, always laughing and smiling. He can hear and helps to make sure his buddies can all understand what the teacher has been saying – so everyone can have fun in the pool and not be scared or nervous.



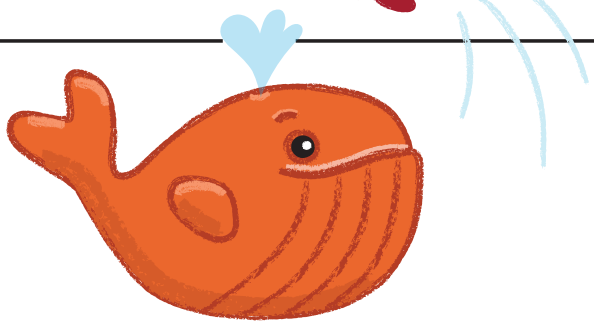
Bob the blue seal

Bob started to lose his hearing when he was little and can only hear certain sounds. It hasn't stopped him loving to be in the pool even though he can be a little bit nervous. He is always happy, clapping loudly whenever his buddies swim past him. He is learning to backstroke and swim underwater.



Tilly the red octopus

Tilly can be a little silly in the pool but she is learning to concentrate and follow instructions so she can learn to swim. Tilly can hear. She loves counting how many strokes it takes to swim across the pool, how many splashes she can fit in 10 seconds and how many toys she can pick up from the bottom of the pool.



Bubbles the orange whale

Bubbles loves his food and is a little bit tubby – but he floats really well! He often takes time to float over to his Puggles buddies to play with them. He is always blowing bubbles and everyone can see where he is under the water as his bubbles float up to the surface. He can hear really well, even underwater and likes humming to himself as he swims along.