

Halloween Themed Beginner Lesson

Packets of small eye balls, spiders, skeletons etc may be purchased at many stores to replace the usual floating toys

	Teaching Practices	Teaching Points	Teachers Notes
Safe Entry	<ul style="list-style-type: none"> Swivel entry into pool 	<ul style="list-style-type: none"> Hands to the side, Roll, Wiggle in 	
Introduction	<p>Sitting on a broomstick (woggle) riding through the night, turning corners, riding fast over the low lands and slowly climbing through mountain ranges</p> <ul style="list-style-type: none"> Sitting upright, using arms and legs to move around the pool, speeding up leg and/or arm action in places, changing the arm and/or leg action in others. Turning around or changing direction when directed too 	<ul style="list-style-type: none"> Sit up straight, press down with feet, use arms, turn head to look where you want to go, listen 	<ul style="list-style-type: none"> Bring broomsticks back to the poolside, where they hold on for a rest
Main Theme	<p>Swimming teacher scatters “ingredients” for a magic potion across the pool</p> <ul style="list-style-type: none"> Children have the woggle around their chest and pick up a bucket from the poolside to collect the “ingredients”. They swim and retrieve one ingredient at a time returning to poolside and placing on the poolside. When all ingredients have been picked up the children place them all in their bucket. 	<ul style="list-style-type: none"> Kick, Reach, blow bubbles, knees under, Turn head to look where going May chant “Hubble bubble toil and trouble, witches brew will make you see double” 	<ul style="list-style-type: none"> They can then count how many each one has got. They can mix the ingredients together with a magic wand (may be a finger or small wand)
	<p>Need to go to the Magic Wishing Well where they bath in the waters which give them magic powers – swimming teacher holds a woggle rainbow with a watering can.</p> <ul style="list-style-type: none"> The children swim around in a circle under the Wishing Well where the water pours over them. When they go under the Wishing Well they put their faces in the water and blow bubbles. Return to poolside for a rest, where they hold onto poolside and lay their heads back into the water. Woggle is now around their shoulders. 	<ul style="list-style-type: none"> Kick, stretch legs, fast kick, Face in, blow bubbles 	



Halloween Themed Beginner Lesson- continued.

Main Theme	<ul style="list-style-type: none"> One at a time they push away from the wall, raising their heads to return to the wall on their fronts swimming. 	<ul style="list-style-type: none"> Eyes look up, tummy up, legs stretched, look forward, tuck chin in, roll forward, kick legs, reach with arms 	<ul style="list-style-type: none"> Here they are looking to see if the moon is out and when it is not they scurry back to the safety of their “den” (poolside)
	<p>Now the moon is out they can swim on their backs, counting the bats flying around –</p> <ul style="list-style-type: none"> Either back crawl leg kick or back paddle (depending on ability) 	<ul style="list-style-type: none"> Eyes look up, tummy up, stretch legs, fast kick, Make the water bubble, flap arms , push water to feet 	<ul style="list-style-type: none"> This may be repeated more than once
Contrasting Activity	<p>Treats have been put out for them, but they have fallen into the pond and they have to swoop down to pick them up</p> <ul style="list-style-type: none"> Sinkers are placed on the pool floor, steps, or held just below the surface – depending on ability – as the treats One at a time the children push and glide or swim or jump up and down to pick up the treats. 	<ul style="list-style-type: none"> Chin to chest, look down, bottom up, reach with arms 	<ul style="list-style-type: none"> This activity is repeated a number of times.
	<ul style="list-style-type: none"> After these treats the witches and wizards are tired and lie still for a rest – star float with or without woggle for support, depending on ability. 	<ul style="list-style-type: none"> Spread arms and legs wide, look up, tummy up 	<ul style="list-style-type: none"> Count how long they can rest for
Safe exit	<p>After their rest it is time to return to their “den’s” as the sun is beginning to rise.</p>		<ul style="list-style-type: none"> They return to poolside, where they exit safely depending on the pool environment, age and ability

