

Halloween Themed Intermediate 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"> On poolside shake your body to awaken it from sleep, you have become a ghost, goblin or skeleton Swivel entry 	<ul style="list-style-type: none"> Both hands to one side, roll onto tummy, hold on to slide in, mind chin 	
Introduction	<ul style="list-style-type: none"> Chose one person to be the Ghost and they go to the middle of the pool. The rest have to try to swim across without being touched if they are they too become a ghost to help touch their classmates. 	<ul style="list-style-type: none"> Run or swim fast, reach for the person 	<ul style="list-style-type: none"> The game finishes when everyone has become a ghost
Main Theme	<p>Front crawl kick practices; body alignment practice</p> <ul style="list-style-type: none"> Each child has a float with a plastic cup (goblet) half filled with water balancing on it They are Goblins taking refreshment to their Master. Each time the cup falls off they have to return to the side and begin again 	<ul style="list-style-type: none"> Arms straight, head still, fast shallow kick, make the water bubbles 	
	<p>Front crawl breathing practices: float held top and bottom, arm bent in "C" shape</p> <ul style="list-style-type: none"> The children are Dragons coming out of their lair – they breathe their fire out into the water and turn their heads to take in fresh air 	<ul style="list-style-type: none"> Blow air out through nose and mouth, roll head to breathe in, Roll head back into water, eyes look under float 	<ul style="list-style-type: none"> Repeat using other arm
	<p>Back crawl leg kick practices with double arm action</p> <ul style="list-style-type: none"> The children are Dragons with large wings Moving across the pool and back using back crawl leg kick and large double arm action – legs move fast, arms move slow 	<ul style="list-style-type: none"> Eyes look up, tummy up, long legs, fast shallow kick, Make the water bubble, thumbs out, little fingers in, Pull down too sides 	



Halloween Themed Intermediate Lesson- continued.

Main Theme	Skeletons <ul style="list-style-type: none"> • Push and glide into Front crawl using limbs long and straight 	<ul style="list-style-type: none"> • Long and narrow like an arrow, speedboat legs, • Arms move continuously, roll head to breathe, roll head back to breathe out 	
	Skeletons <ul style="list-style-type: none"> • Push and glide into Back crawl using limbs long and straight 	<ul style="list-style-type: none"> • Long and narrow like an arrow, up look up, tummy up, long legs, fast shallow kick, • Thumb out, little finger in, arms keep moving 	
Contrasting Activity	Dragons returning to their liar <ul style="list-style-type: none"> • Jump entry, swim down through hoop and return to poolside 	<ul style="list-style-type: none"> • Like a pencil, curl up, look for hoop, eyes open, blow out (exhale) swim through hoop 	
	Goblins picking up the treasures and trinkets left behind after the party <ul style="list-style-type: none"> • Sinkers scattered on the pool floor 	<ul style="list-style-type: none"> • Chin in, look down, bend at hips, eyes open, reach with hands, blow out (exhale) 	<ul style="list-style-type: none"> • One by one the children retrieve their "treasures"
Safe exit	<ul style="list-style-type: none"> • Children climb out onto poolside 		

