

# Halloween Themed Beginner Lesson

Bat cave: Large inflatable spider, skeleton, bat: Large inflatable pumpkin: Floating foam pumpkins; Floating severed fingers; Floating eye balls; Pumpkin straws; Plastic pumpkin cups and buckets: Sinking bats: Cat masks: Small inflatable bats, pumpkins, ghosts; Floating hoop

	Teaching Practices	Teaching Points	Teachers Notes
<b>Safe Entry</b>	Swivel entry into pool	<ul style="list-style-type: none"> <li>Hands to the side, Roll, Wiggle in</li> </ul>	
<b>Introduction</b>	<ul style="list-style-type: none"> <li>Learners in a circle supported by woggles or other buoyancy aids</li> <li>Active warm up using whole body</li> </ul>	<ul style="list-style-type: none"> <li>Splash hands</li> <li>Kick legs</li> <li>Jump in and out</li> </ul>	Sing or chant: Tune: Hokey Cokey Put your spooky hands in Put your spooky hands out Put your spooky hands in and shake them all about You do the Hokey Spooky and you turn around That's what it's all about  Spooky legs Spooky self
	Collecting ingredients for a witches brew!  Swimming teacher scatters floating eyeballs across pool <ul style="list-style-type: none"> <li>Learners have cup and are supported by woggles – sea-horse position - kick and collect as many eyeballs as they can and return to poolside</li> </ul>	<ul style="list-style-type: none"> <li>Kick –switch your engines on!</li> <li>Stretch and reach for eyeballs</li> <li>Try to use each hand</li> </ul>	<ul style="list-style-type: none"> <li>Encourage good leg kick</li> <li>Encourage swopping hands to hold and reach</li> <li>Count how many items they have collected</li> </ul>

## Halloween Themed Beginner Lesson- continued.

<b>Main Theme</b>	<p>Swimming teacher scatters floating pumpkins</p> <ul style="list-style-type: none"> <li>Learners kick across pool supported by woggle</li> <li>Using a float they collect 1 pumpkin at a time and return it to poolside</li> </ul>	<ul style="list-style-type: none"> <li>Kick –switch your engines on!</li> <li>Reach for the pumpkin</li> <li>Watch it does not fall off</li> <li>Blow bubbles</li> </ul>	<ul style="list-style-type: none"> <li>Try to encourage learners to focus – looking straight towards the pumpkin</li> <li>Encourage long arm stretches</li> <li>Encourage the use of both arms to hold to kick back to side</li> </ul>
	<p>Swimming teacher Sets up “bat cave”</p> <ul style="list-style-type: none"> <li>Learners swim through bat cave – holding a large inflatable</li> <li>Swim through on their front and roll over onto their backs</li> <li>Swim through on their backs- roll over onto their front</li> </ul>	<ul style="list-style-type: none"> <li>Kick, stretch legs, fast kick</li> <li>Look the way you want to roll</li> <li>Face in, blow bubbles</li> </ul>	<p>Sing or chant: Tune: Frere Jacques</p> <p>Bats are sleeping, bats are sleeping Upside down, upside down Waiting for the night to come Waiting for the night to come Then they fly around, then they fly around</p>
	<ul style="list-style-type: none"> <li>Push and glide through bat cave with witches potion</li> </ul>	<ul style="list-style-type: none"> <li>Like a rocket</li> <li>Blow bubbles</li> </ul>	<p>Sing or chant: Tune: Ring a roses</p> <p>Witches in a circle Cauldron full of brew Stir it – stir it Then all say – Boo!</p>
	<p>Witch and wizard fun – keeping the pumpkin moving</p> <ul style="list-style-type: none"> <li>Learner lie on their backs in a circle with large inflatable pumpkin in the middle</li> <li>Kick hard to move the pumpkin around</li> </ul>	<ul style="list-style-type: none"> <li>Eyes look up, tummy up, stretch legs, fast kick,</li> <li>Make the water bubble</li> </ul>	<p>Sing or chant: Tune: Did you ever see Mary go this way and that way</p> <ul style="list-style-type: none"> <li>I am the great pumpkin, great pumpkin, great pumpkin</li> <li>I am the great pumpkin – come dance with me</li> <li>Come dance with me!</li> </ul>
	<p>Witches and wizards bring more ingredients to the witches brew</p> <ul style="list-style-type: none"> <li>Each learner has an eyeball and pumpkin straw</li> <li>Blow the eye ball across pool</li> </ul>	<ul style="list-style-type: none"> <li>Blow</li> </ul>	<ul style="list-style-type: none"> <li>Learners may walk or be supported with woggles</li> </ul>

<b>Contrasting Activity</b>	<p>Bats have rested on the pool floor and they have to swoop down to pick them up</p> <ul style="list-style-type: none"> <li>• Bats are placed on the pool floor, steps, or held just below the surface – depending on ability</li> <li>• One at a time the children push and glide or swim or jump up and down to pick up the treats.</li> </ul>	<ul style="list-style-type: none"> <li>• Chin to chest, look down, bottom up, reach with arms</li> </ul>	<ul style="list-style-type: none"> <li>• This activity is repeated a number of times.</li> </ul>
	<p>Learners jump through the magic hoop into a different dimension</p>	<ul style="list-style-type: none"> <li>• Look forward</li> <li>• Hands by side</li> <li>• Jump out</li> </ul>	<ul style="list-style-type: none"> <li>• Learners may need support with swimming teacher depending on ability</li> </ul>
	<p>Witches and wizards have a rest after all their fun, look up to the sky</p> <ul style="list-style-type: none"> <li>• Star float with or without woggle for support, depending on ability.</li> </ul>	<ul style="list-style-type: none"> <li>• Spread arms and legs wide, look up, tummy up</li> <li>• Jump up and spin around</li> </ul>	<p>Sing or chant: Tune: Twinkle, twinkle          In the sky on Halloween          Many funny things are seen          Bats and ghosts and goblins too          Hope that they don't frighten you          In the sky on Halloween          Many funny things are seen</p>
<b>Safe exit</b>	<p>After their rest it is time to return to their “den” as the sun is beginning to rise.</p>	<ul style="list-style-type: none"> <li>• Hands on sides</li> <li>• Wriggle out</li> </ul>	<ul style="list-style-type: none"> <li>• They return to poolside, where they exit safely depending on the pool environment, age and ability</li> </ul>