



International Experts in Safety Training Solutions



Baby and Pre-School Swimming Songs

STA Suggested Songs for Incorporation into an Adult and Child Swimming Lesson

All baby and pre-school swimming sessions should be fun and the activities, songs, rhymes and games should give the adult-child pairs a chance to interact with each other and create an atmosphere of learning through play.

The use of activities, songs, rhymes and games can be useful for encouraging action and movement and at other times to bring the class back together to focus on a new exercise.



It is useful to build up a repertoire of songs, rhymes, activities, and games which can be used within the lesson to alter the focus and mood. For example, lively sea-horses with horsey, horsey changing to quieter twinkle, twinkle for floating.

Points to think about when using songs within a lesson:

- How much time in the class is spent singing?
- Do the songs, rhymes, activities and games relate to particular exercises or are they merely recreational?
- Are all adults-child pairs participating?

Below are some suggested songs which can be incorporated into an adult and child lesson or rising 4's independent pre-school lesson. Some songs can be used in conjunction with woggles, floats or adult support.

Safe Entry and Warm-Up

There's a Worm at the Bottom of the Garden

*There's a worm at the bottom of the garden,
And his name is wiggly woo.
There's a worm at the bottom of the garden,
And all that he can do,
Is wiggle all day and wiggle all night.
There's a worm at the bottom of the garden,
And his name is wiggly woo. [Action: Swivel entry in]*

Propulsion

Five Little Ducks Went Swimming One Day

*Five little ducks went swimming one day,
Over the hill and far away.
Mother duck said, 'QUACK, QUACK, QUACK, QUACK!'
And only four little ducks came back!*

[Repeat with four, three, two and one; action: swim across pool, and come back on command]

Motorboat, Motorboat

*Motorboat, motorboat go so slow [Action: sing slow while slow kicking legs]
Motorboat, motorboat go so fast [Action: sing faster while faster kicking legs]
Motorboat, motorboat, step on the gas! [Action: sing faster while fast kicking legs, end by spinning round]*

Zoom, Zoom, Zoom

*Zoom zoom zoom, we are going to the moon, [Action: holding at wall hair in water]
Zoom zoom zoom we are going very soon,
Five, four, three, two, one blast off! [Action: push and glide]*

Five Little Monkeys

*Five little monkeys sitting in a tree, [Action: swimming towards crocodile [teacher]]
Teasing mister crocodile,
You can't catch me!
Along came Mister Crocodile as quietly as can be,
And SNAP SNAP SNAP! [Action: teacher splashes water, child turn and swim back]*

Woggle Tunnel

*Round and round the swimming pool, [Action: swim round in circle]
Like a teddy bear.
One swim two swims,
We are going under there. [Action: swim through woggle tunnel]
[When going forward a watering can, can be sprinkled over the woggles to wet the heads]*

Floating

Sleeping Bunnies

*See the bunnies sleeping till it's nearly noon,
Shall we wake them with a merry tune?
They're so still, are they ill, wake up little bunnies!* [Action: maintain a floating position]

*Hop little bunnies, hop hop hop, [Action: wake up, rotate and jump in water]
Hop hop hop, hop hop hop.
Hop little bunnies, hop hop hop,
Hop hop hop.*

Rock-a-Bye Baby

*Rock-a-bye baby in your small boat.
When the wind blows, your small boat will rock.
When the wind falls, your small boat will float,
Safely to shore, baby and all.* [Action: maintain a floating position]

Rotation

I'm a Little Pancake

*I'm a little pancake on my back, [Action: support child on back]
I'm a little pancake nice and flat,
Flip me over and swim me back.* [Action: flip child over]
[This song may also be used for submersion]

Teddy Bear, Teddy Bear

[Actions; copy teddy bears]
*Teddy bear, teddy bear, turn around,
Teddy bear, teddy bear, up and down.
Teddy bear, teddy bear too and fro,
Teddy bear, teddy bear under we go.* [Action: can substitute blowing bubbles for submerging vertical or horizontal]

Water Sprinkling

London's burning

*London's burning, London's burning.
Fetch the engines, fetch the engines.
Fire fire, fire fire!
Pour on water, pour on water.* [Action: pour water on child]
London's burning.

I'm a Little Teapot

*I'm a little teapot,
Short and stout.
Here is my handle,
Here is my spout.
When I get all steamed up,
Hear me shout,
Tip me up and pour me out!* [Action: pour water on child]

*I'm a clever teapot,
Yes, it's true.
Here's an example of what I can do.
I can turn my handle into a spout,
Tip me up and pour me out!* [Action: pour water on child]

Submersion

Hickory Dickory Dock

*Hickory Dickory dock,
The mouse ran up the clock.
The clock struck one,
The mouse ran down,* [Action: submerge child]
Hickory Dickory dock.

The Grand Old Duke of York

*The Grand Old Duke of York,
He had ten thousand men.
He marched them up to the top of the hill,* [Action: lift baby up]
And he marched them down again. [Action: Lower baby]
And when they're up, they're up, [Action: Lift again]
And when they're down, they're down. [Action: lower]
And when they're only halfway up [Action: in the middle]
They're neither up or down.

*He marched them to the left,
He marched them to the right.
He marched them around and around and around,* [Action: circles]
And he marched them out of sight. [Action: submerge]

Blowing Bubbles

Puffer Trains

*Down at the station, early in the morning,
See the little Puffer trains all in a row.* [Action: all swimmers in a line]
*Here comes the driver to start up the engine,
PUFF PUFF, PEEP PEEP off we go!* [Action: all swimmers blow bubbles and move across the pool]