

Wassergewöhnung als Vorbereitung für den Schwimmunterricht



Regionales Bildungsbüro Kreis Heinsberg

Sprache: Englisch

Stand: August 2023

Dear Children,

Using the text with the video you will be able to prepare for swimming lessons at home, the classroom or the Kita grouproom. The video is in German, and the text is in various languages. Ask your parents, teacher or carer if you need help with the reading or practices.

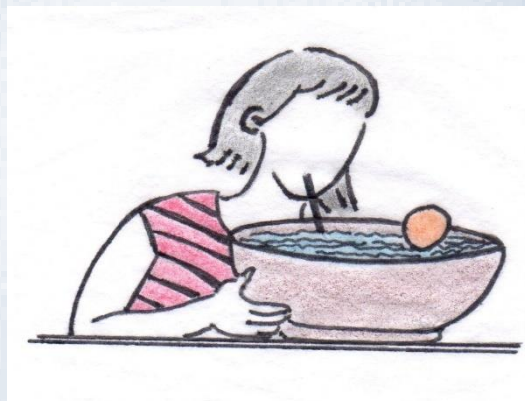
Have fun!!

VIDEO



[Anfängerschwimmen - Einfache Übungen für zu Hause - YouTube](#)

(Quelle: Schwimmverband NRW, 2023)



TEXT

Hallo, I will show you how, using a bowl in the bath or living room (classroom or in the Grouproom), you can prepare for the swimming lessons.

In the bowl



First we will learn breathing out in water.
Take a large bowl and fill with water.

Exercise 1: Blow bubbles in the water!

It should resemble an erupting volcano.

Exercise 2: Take a straw, place in the water and blow!

Exercise 3: Place a ball in the water and blow it away!

For this exercise take a small, light ball like a tennisball or a carnival ball.

Exercise 4: Blow bubbles using your mouth in the water!

You can make small and very large bubbles.

Exercise 5: Poke the ball over the surface of the water with your nose!

Exercise 6: If you have a diving ring at home, you can use it as diving goggles.

Place the ring on the water and look into the water!

Exercise 7: Place an apple or a bell-pepper into the water and try to take a bite!

In the bath



If you have a bath at home, you can practice!

Exercise 1: Make bubbles with your mouth in the water!

Make small and large bubbles..

Exercise 2: Take a drinking straw and a ball - blow the ball away!

Exercise 3: Blow the ball away by making bubbles with your mouth!

Exercise 4: If you have diving rings, place in the water, put your face in the water with your eyes open and pick up the ring.

Remember, don't hold your nose!

Exercise 5: Pretend to be a starfish on your back!

You will have to stretch your neck like a giraffe.

Exercise 6: Pretend to be a starfish on your front!

Don't forget to blow bubbles.





Exercise 1: Pretend to be a frog whilst sitting!

Sit down on the floor or on a bench. Stretch out your legs, twist your feet outwards, make a circle with your legs then put your feet back together.

Because we cannot swim whilst sitting, we will practice doing the frog on our tummy.

Exercise 2: Do the frog on your tummy!

Lie down on a small table, over a stool or over the side of a bed. Repeat the same frog movement like you did whilst sitting down. It would be best if your could get someone to see if you are doing the exercise like in the video. **Repeat the exercise as much as possible so that the action becomes automatic without pausing to think!**

In this way we can also practice the leg-kick for the crawl and backstroke.

For the breaststroke we must use our arms as well as our legs.

Exercise 3: Whilst standing, stretch out your arms with your hands together, twist them outwards then make a large circle, clap your hands together at the chest.

Exercise 4: carry out Exercise 3 lots of times one after another, until the action becomes automatic without pausing to think!

It looks like a bow (Large circle) and arrow (Arms pointing to the front).

Also the arm movement „Bow and Arrow“ can be practiced at home without the need of the swimming pool.

Exercise 5: Lie down on a small table, over a stool or over the side of a bed and do the same exercise as you did whilst standing!

In the swimming pool you can use the leg and arm movements in combination with the correct breathing method. You will quickly be on your way to becoming a real swimmer!

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