

'T WAS THE NIGHT BEFORE CHRISTMAS



WHAT TO DO:

Set the scene for the night before Christmas Day.

Comfy pj's:

Using the pj template - cut out using colourful craft foam. Laminate the boy & girl printable (the amount of children you have). Swimmers swim and choose their pj's and place them on their chosen person.

By the fire:

Laminate the chimney fire printable. Use the stockings template and cut out different coloured stockings.

You could make a fire using old cut up noodles & sensory scarves. Place them on a big float.

Swimmers find their stocking and place them around the fire.

Sprinkle Reindeer food:

Use a selection of loose part materials (pom poms, balls etc). Say the poem whilst sprinkling.

Ready for Santa:

Using a pretend tea set, plate and some cookies. Add some carrots.

Go to bed:

Pretend to go to bed (back floats - sing Twinkle, Twinkle").

T'was the night before swim-mas

Read the poem and when the "words" are used the swimmers perform the skills on the list.

EQUIPMENT NEEDED:

Printables for fire place & stockings, craft foam.

PJ templates and printables & craft foam.

Reindeer food poem.

Santa and Santa's sack printable.

TWAS THE NIGHT BEFORE SWIM-MAS

'Twas the night before Swim-mas,
and all round the pool,
The swimmers were ready,
keeping calm, keeping cool.
They practised their streamlines
and bubbles just right,
Then pressed off the wall
and kicked long through the night.
Stroke Nicholas arrived with
a splash and a cheer,
“Let’s swim like reindeer!
Let’s practise right here.”
They floated like stars and
they glided with might—
“Happy Swim-mas to all—keep
swimming safe and bright!”

At “bubbles” → everyone dips face

At “reindeer” → flutter kick with antler hands

At “star float” → lie back and stretch wide

At “pressed off the wall” → everyone performs a push-off

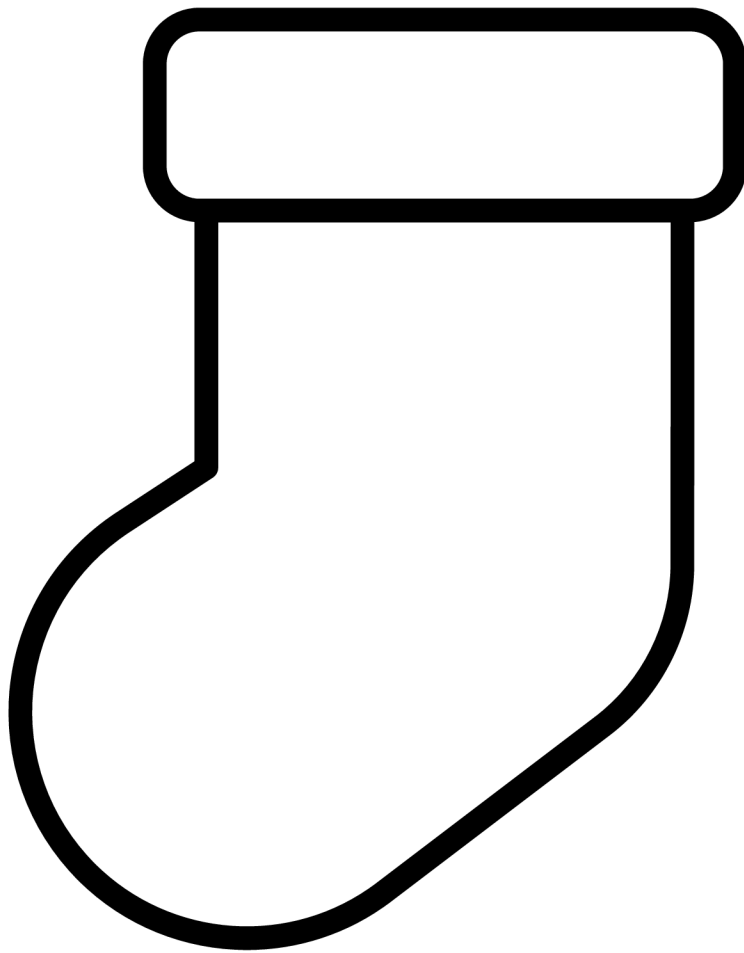
At “safe and bright” → children swim to wall















MAGICAL REINDEER FOOD

SPRINKLE ON THE LAWN
TONIGHT
THE MOON WILL MAKE IT
SPARKLE BRIGHT
AS SANTA'S REINDEERS FLY AND
ROAM
THIS WILL HELP THEM FIND YOUR
HOME



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