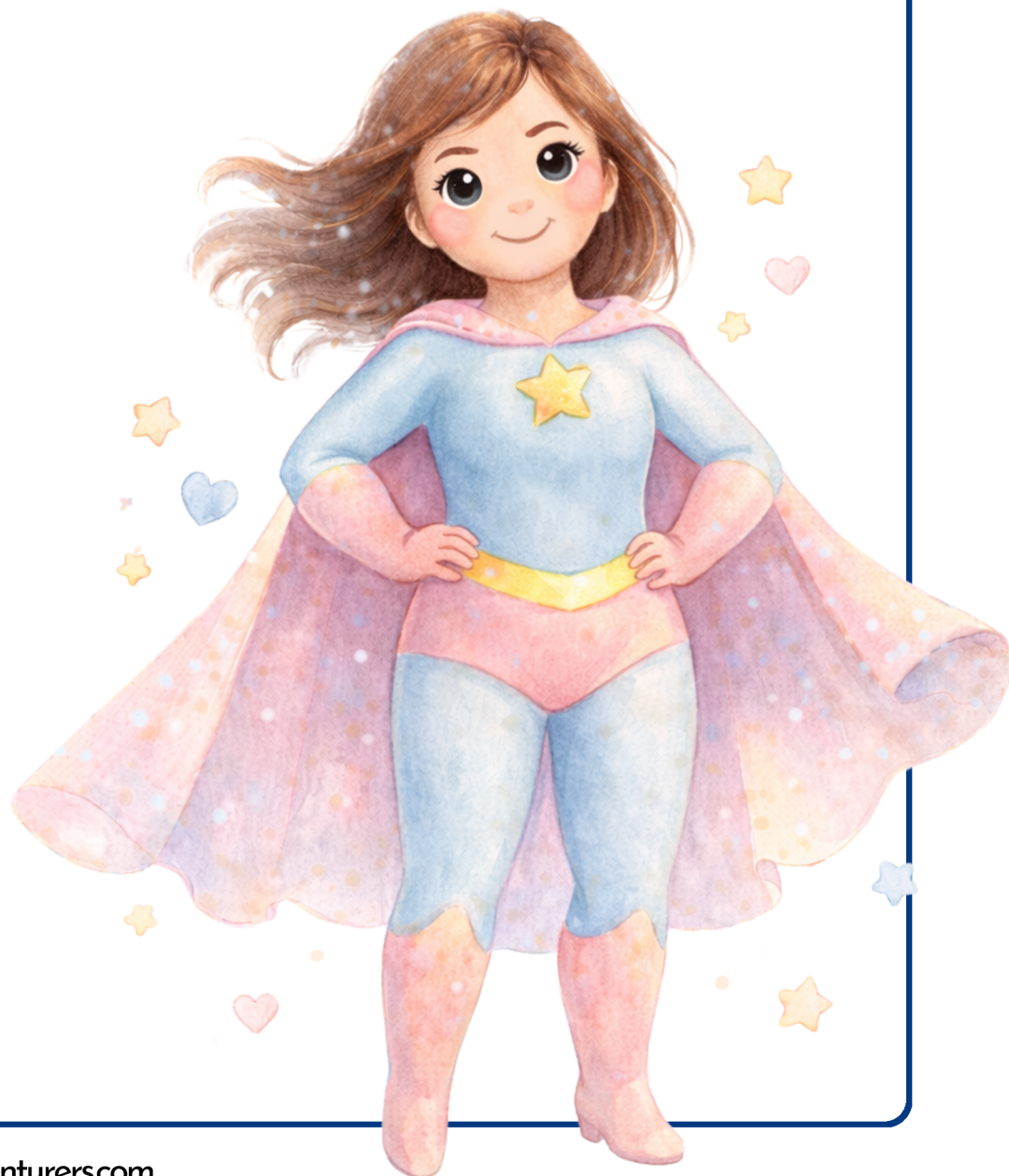




MOTHER'S DAY



Activities:

Deliver the Heart Glide Game

Scatter floating foam hearts.

Swimmer glides from wall to collect one heart and deliver it to "Mummy Meadow" (a float or hoop).

Progressions:

- Beginner: Assisted glide
- Preschool: Independent push & glide
- Advanced: Add direction card (slow, fast, round)

Add story:

"You are a busy love bug delivering kindness."

Water the Garden

Place flowers across pool.

Swimmers must: choose breath control progression

- Sprinkle water using hands/sprinkle toy
- Blow bubbles onto each flower
- Submerge face for 3 seconds

Super Mum Rescue Mission

Super Mum has "lost her stars."

Swimmers:

- Swim out (place the stars in different areas of the pool space)
- Collect star
- Return & place star on play mat

Love Bug Spot Builder

Swimmer collects black heart (spots).

Each trip = one stroke focus:

- Trip 1: Strong kicks
- Trip 2: Big arms
- Trip 3: Controlled breathing
- Trip 4: All together



Afternoon Tea Obstacle

Swimmers must:

- Swim under table (noodle arch)
- Swim around teapot (big float)
- Balance cake (ping pong ball in cupcake case) on kick board
- Stir the Jam (treadwater for 5-10 seconds while holding one hand out as if "stirring jam.")

Careful Tea Carry

Swimmer lies on back holding a small float/kickboard (tea tray).

Challenge:

"Don't spill Mum's tea!"

- Teacher adds gentle waves so they have to work harder to balance
- Ask them to show rotation (come up to upright position) without dropping the tray
- Swimmers explore different star float variations whilst holding tray

Decorate Mummy Bear

Print off mummy bear template. Draw around on to brown craft foam (or could use different coloured foam). Or use Mummy bear play mat.

Place loose part materials around for the swimmers to:

- Collect pink pom poms (nose)
- Collect hearts for kisses
- Collect mini flowers

Position them on the mummy bear.

Additional equipment:

You will need to collate the following for the different activities.

Pink pom poms

Craft foam shapes (teddy bear, star, heart, flower)

Play Mats

Game cards

Song sheets

Skills Developed

Overall Developmental Impact of the Theme

Across all five stages, swimmers are building:

- Nervous system regulation
- Breath management
- Propulsion strength
- Distance stamina
- Directional control
- Listening under movement
- Independence
- Embedded safety skills
- Confidence through positive repetition

The theme provides emotional warmth while maintaining structured aquatic progression.



Wake Up Little Swimmers

TUNE: IF YOU ARE HAPPY & YOU KNOW IT

Verse 1

If you're ready for the pool, splash your hands,
Splash your hands!

If you're ready for the pool, splash your hands,
Splash your hands!

If you're ready for the pool and you want to keep it
cool,

If you're ready for the pool, splash your hands!
(Big arm splashes forward)

Verse 2

If you're ready for a kick, kick your legs,
Kick your legs!

If you're ready for a kick, kick your legs,
Kick your legs!

If you're ready for a kick, make the water move real
quick,

If you're ready for a kick, kick your legs!
(Front supported kick)



Verse 3

If you're ready for a splash, blow some bubbles,
Blow some bubbles!

If you're ready for a splash, blow some bubbles,
Blow some bubbles!

If you're ready for a splash, make the water gently
swash,

If you're ready for a splash, blow some bubbles!
(Face in, supported bubble blowing)

Verse 4

If you're ready for the pool, up and down,
Up and down!

If you're ready for the pool, up and down,
Up and down!

If you're ready for the pool, make a splash without a
frown,

If you're ready for the pool, up and down!
(Supported vertical bounce)



Five Little Flowers

TUNE: FIVE LITTLE DUCKS

Verse 1

Five little flowers floating in a row,
Floating in a row, floating in a row,
Five little flowers floating in a row,
Waiting in the pool today.

(Hold up five fingers / float five foam flowers)

Verse 2

One little swimmer swam out slow,
Swam out slow, swam out slow,
One little swimmer swam out slow,
And picked one flower away.

(Swim out and retrieve one flower)

Repeat Countdown Verses

Four little flowers floating in a row...

Three little flowers...

Two little flowers...

One little flower...



Final Verse:

No little flowers floating in a row,
Floating in a row, floating in a row,
No little flowers floating in a row,
They're all with Mum today!
(Return all flowers to float / cuddle moment)

NB: Start with the amount of flowers that you have swimmers (parent and me class) so all children have a go at picking up a flower.



You Are My Sunshine

TUNE: YOU ARE MY SUNSHINE

Verse 1

You are my sunshine, my little sunshine,
You make the water warm and bright,
When you are swimming, so calm and gentle,
You make my heart feel light.
(Back float, soft rocking support)

Verse 2

You are my sunshine, my brave little swimmer,
Floating softly on your back,
Breathe in slowly, breathe out gently,
There's nothing that you lack.
(Cue slow inhale / slow exhale)

Verse 3

You are my sunshine, my growing swimmer,
Arms like petals open wide,
Floating safely, strong and steady,
With Mum right by your side.
(Star float arms wide)



You are my sunshine, my shining sunshine,
Time to gently turn and stand,
Say "thank you water" nice and quietly,
And hold your grown-up's hand.

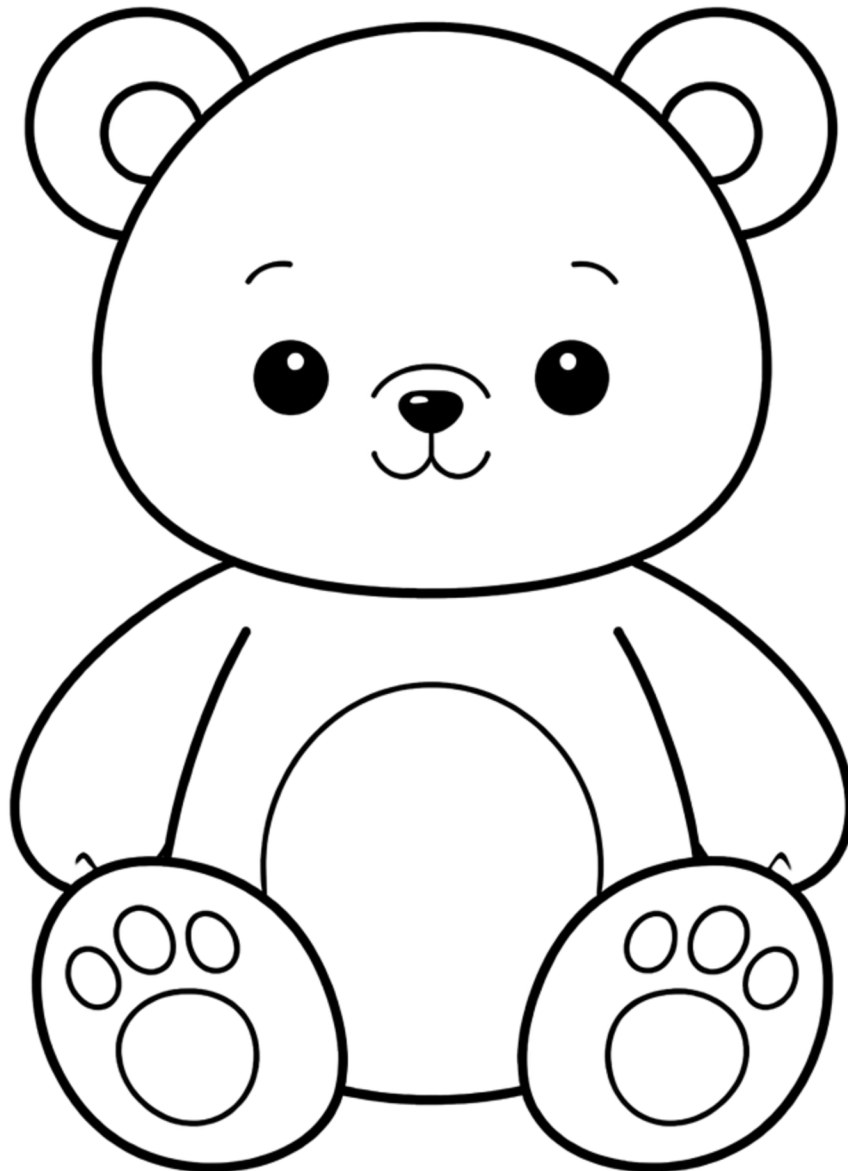
Decorate Mummy bear

Collect the materials to add to Mummy bear



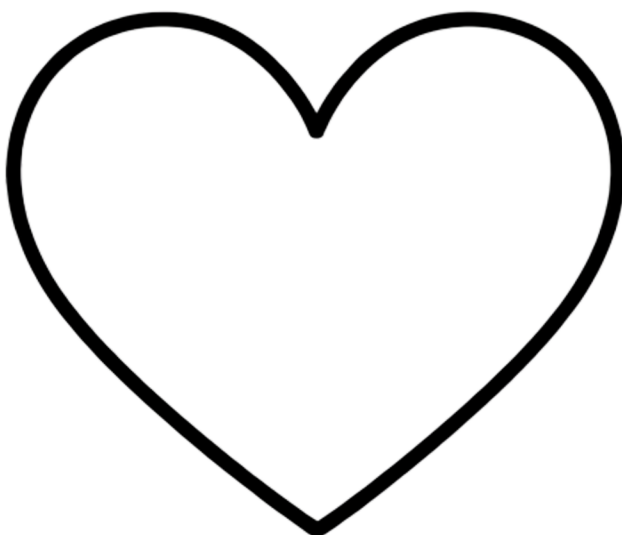
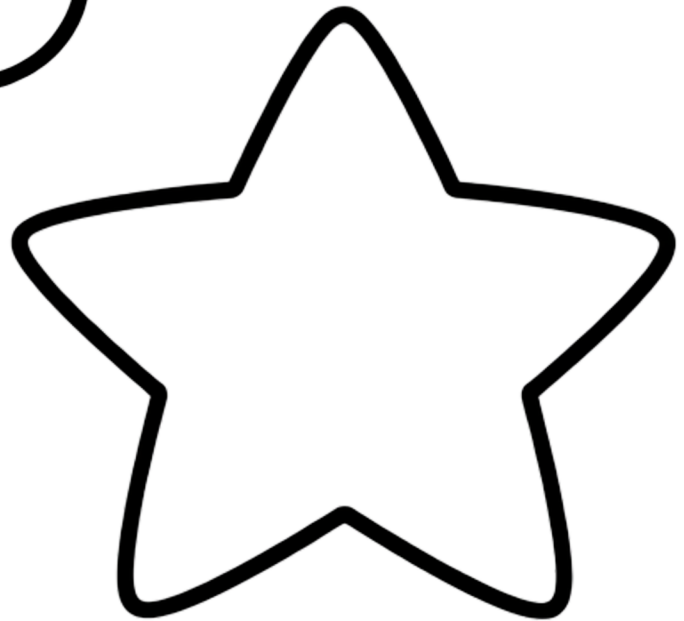
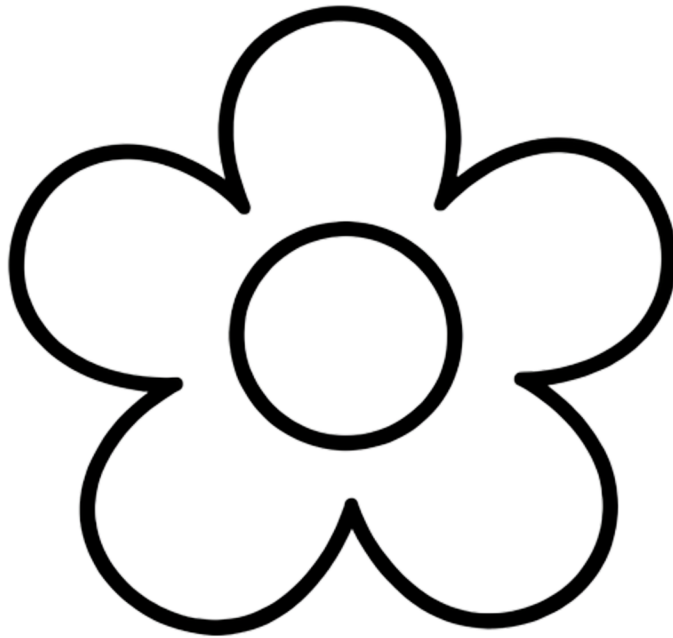
Template

Print the teddy bear on card to use as a
template to cut brown craft foam



Template

Print the teddy bear on card to use as a
template to cut brown craft foam



Decorate Love Ladybug

Collect the black hearts to add to Love ladybug



Decorate Super mum

Collect the stars & bring back to Super mum









"SPECIAL DELIVERY" STROKE SWITCH

Set Up

Place 4-6 floating "delivery points" (hearts, flowers, stars) spaced across the pool.

Each swimmer starts with one "gift" (e.g foam heart).

How It Works

Swim to first delivery point using chosen stroke.

At halfway whistle or signal, teacher calls:

"Backstroke!"

"Slow!"

"Head down!"

"Big pull!"

Swimmer must adjust immediately and continue to next station.

Once delivered, fast but controlled return.

