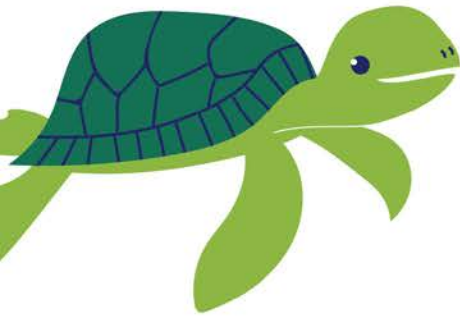


A Swimmer's Story

1. Create your own story about a swimmer, who might live by a swimming pool, a lake, or the sea.
2. What adventure(s) would they go on?
3. Who would they meet along the way?

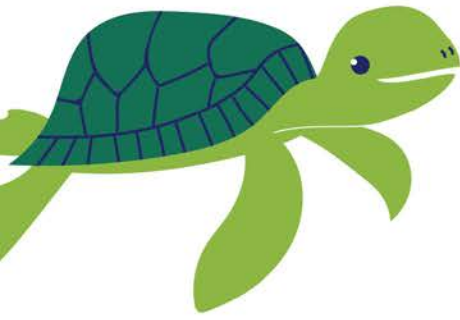




Water Safety Quiz

- Do some research about water safety:
- swimsafe.org.uk
- rlss.org.uk
- rnli.org/safety
- What do you already know?
- Create 10 questions and quiz your family.

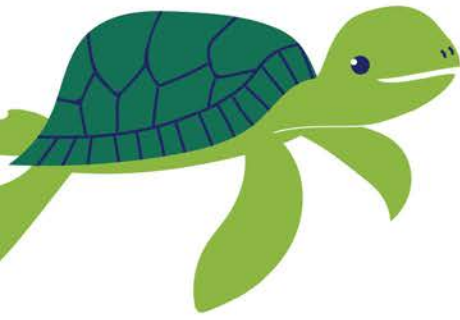




Rainbow Bubbles

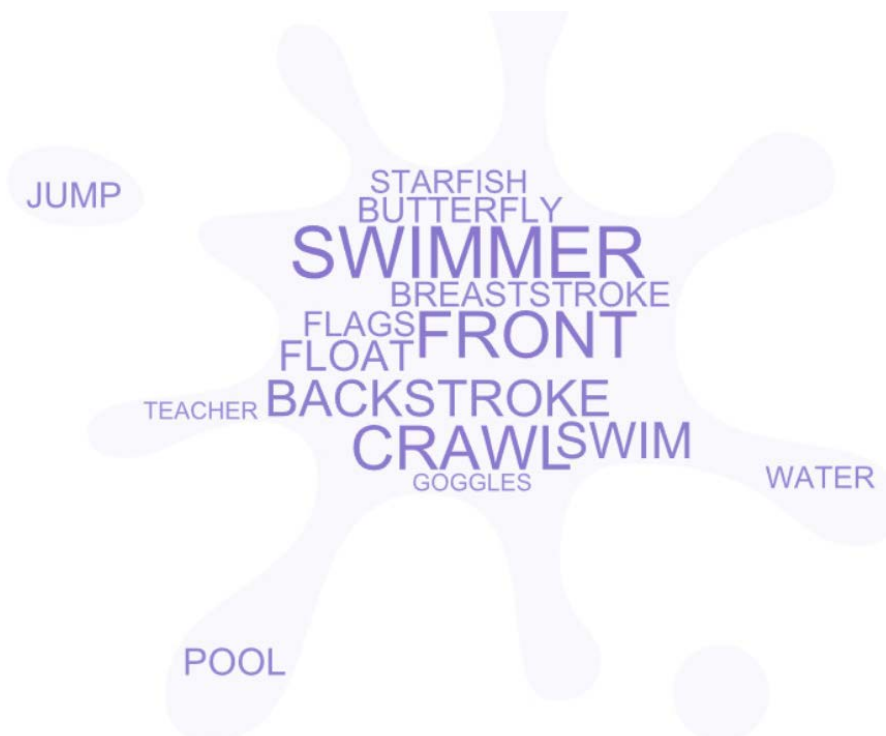
1. Take a washing up bowl outside and mix some water and washing up liquid together to create your bubble base.
2. Drop lines of different food colouring into the bubbles
3. Then use a sieve or a spoon to swirl the colours around and make your own rainbows.

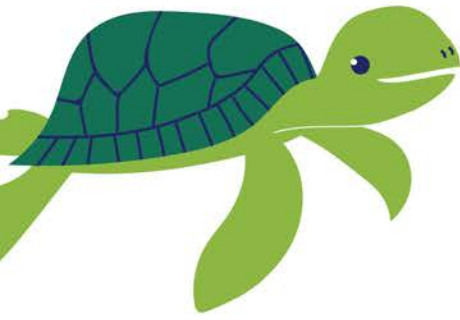




Alphabet Soup

1. Take a washing up bowl outside and put some water in it – add food colouring to make it more fun.
2. Use safety scissors or supervise to cut sponges to make letters, or add pre-cut foam letters, and you've got your Alphabet Soup!
3. Ask your child/children to use a large spoon to collect the letters to create the following words? As they create words, cross them out.





Olympic Swimming Event

1. Design a new swimming event for the Olympics.
2. Decide on whether it would be an individual, paired or team event.
3. What would the rules be?
4. Perhaps it would involve some animals from the sea.
5. Would this new event mix lots of different aquatic activities together?
6. Design the name and a logo for your new swimming event.

