

**When will your pool open?
Is it too cold to swim?**

To avoid the excuse notes and the shivers why not encourage your swimmers to wear swim caps and thermal tops when they are in a cool/cold pool. Lifejackets (on loan from WAI) also help to keep swimmers warm. Keep activity levels high by playing high energy games, aqua aerobics or jump jam to develop water confidence.

Every one should have their school jacket to put on once they are back in class.



Practical resources

Practical programmes can cover a range of activities that enable children to enjoy and appreciate the complexities of aquatic sport and recreation.

WaterSafe Auckland has developed several teacher guides that enhance this participation e.g. → Making Water Move

- Introductions to Water Games, Flippa Ball, Aqua Fitness and Snorkelling
- A sequence for Teaching Freestyle and Backstroke and Survival Stokes
- Dry Rescues and Rescue Sequence for Secondary School students.

These can be downloaded from the teachers' toolbox in the education section

www.watersafe.org.nz



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Building a water safety culture

Teacher Guide
An Introduction to
Flippa Ball

Flippa Ball is a modified version of water polo for primary school children. It is a fast-paced game played in a shallow swimming pool. Participants do not have to touch the ball. They do have to be water confident and be able to swim through the water with arms and legs extended as required. For a more challenging game, the ball must float on its side. The game can be played in a shallow pool or in a pool with a depth of 1.5m to 2.0m. The game can be played in a pool with a depth of 1.5m to 2.0m. The game can be played in a pool with a depth of 1.5m to 2.0m.

Skills of game
The aim is to throw the ball into the goal and score a goal by putting the ball into the net or through the hoop.

Skills of the game

Swim with 2 arms and legs up to the surface.	Swim with one arm and one leg up to the surface.	Catch and throw with one hand.	Ball, make a top of water.						
Swim with 2 arms and legs up to the surface.	Swim with one arm and one leg up to the surface.	Catch and throw with one hand.	Ball, make a top of water.						

Activity in rough water
Other participants will, with, over, 5-10 minutes, receive heavy clothing or rain through the rough water.

Creating currents
Currents can occur in lakes, seas, rivers as well as flood waves.

Beach rescues can get caught in a rip current
Rivers can have currents that behave in a very different way to those found at the beach.

Currents in rivers and the sea can change according to the conditions
Creating currents in a pool can illustrate the power of moving water as well as being fun to play.

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Building a water safety culture

Teacher Guide
Making Water Move

We teach in a variety of aquatic environments. However, swimming pools are the safest bodies of water that we encounter. They are often shallow, of known depth with a smooth bottom and usually full of still water. Natural water is different. There are eddies, currents, waves and different water depths and the water may be of unknown depth. Learning to swim in a pool does not adequately prepare your students for swimming in a river or at a beach. It is important that the concept of participating in surfing water is introduced in the first year to transferring skills to controlled EFTC and recreational environments. This can be done at the school swimming pool.

Making still water move - waves and rough water
Waves and rough water may be produced by hand or other means the next series and experience making waves. These projects should be repeated for 10-15 minutes.

Waves across pool:

- Participants stand with their feet to edge of pool
- Hold their hands to front of body with one hand to each hand
- Push the water away
- Repeat with hands out of the water and repeat with a compressed and displaced position

Rough water waves:

- Two rows of students facing each other about 2-3 metres apart
- Each student holds a flume board with one end to each hand
- The flume boards are used to push the water towards the student standing opposite them
- Each side produces waves and these collide in the middle to form choppy waves

Activity in rough water
Other participants will, with, over, 5-10 minutes, receive heavy clothing or rain through the rough water.

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Pools2Schools™

A large 10m x 6m portable pool was installed at a Papakura school for most of term 1 2010 as a pilot study. This allowed each class to swim two or three times a week without travelling to the local pool.

The pool was fenced, covered by a marquee, placed under security cameras and filled by the local fire service. Building consent was granted.

Lunch time activity was popular with each child having a 10 minute swim as the demand was so great.

Aquatics and Numeracy

To support the Teacher Guide 'Mathematics, Statistics and Aquatics', WaterSafe Auckland has developed several student task sheets covering a range of statistical investigations.

Before the summer holiday, students could plan activities that involve the use of tide charts, comparing east and west coasts for example. Students could have the task of planning a shopping trip to buy aquatic gear and working out what they could afford.

Hypothermia is another concept that has been explored with a numeracy bias. This may enhance the work of senior primary students.



KiwiSport

The Pools2Schools™ programme has received funding from the KiwiSport Regional Partnership Fund, through Sport Auckland. This funding will enable a pool to service a cluster of schools in the Tamaki area. In addition a full time staff member has been appointed to support and develop the aquatic abilities of students, teachers and volunteers. Additional opportunities for aquatic sport after school and during school holidays will also be provided. We hope to extend this into other areas of Auckland with time.

KiwiSport

NEW RESOURCE – KIWI SWIM SAFE from SWIMMING NEW ZEALAND

This collaborative resource, with contributions by WaterSafe Auckland, Surf Lifesaving NZ and Swimming NZ, features 3 modules: In the classroom; At the pool and At the beach.

Both physical and cognitive skills are developed through this holistic programme that updates their previous resources ASTA and the Lotto Swim Safe programme.

Available Term 4 www.swimmingnz.org.nz



Kiwi Swim Safe



For further information on any aspect of water safety education or to enquire about professional development (delivered by registered teachers at no cost in the Auckland Region) email

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