

Oxford Swimming Academy - Divers

Starfish 4

THINGS TO INCLUDE/SONGS	SAFETY
SWIM POSITION	SAFE ENTRY
CUDDLES/PRAISE	SAFE EXIT
BACK KICKING SONG/SWISHING	MMM
SPACESHIPS	HOLDING ON
ACTIVE SWIMS	SAFE ENTRY USING MAT
HUMPTY DUMPTY	ROTATION
HUNGRY HIPPOS	ENTRY, TURN AND HOLD ON
CHASING TOYS AND POUNCE	POUNCING ON WOGGLES
WIBBLE WOBBLE	123 SWIM TO WOGGLES
TWO FAT SAUSAGES - MAT WORK	MAT MMM
ARM SUPPORT	CLIMBING OUT
IM A LITTLE PANCAKE FLIP FRONT TO BACK	
WOGGLE TUNNEL/RAINBOW	
WATERFALL SWIM	
LITTLE HARBOUR ROW ROW	
MAT DIVE	
COLLECTING TOYS JUST UNDER THE SURFACE	
TIGER ARMS	
3 IN A BED ROTATION	
MAT CRAWL INTO STANDING ENTRY/WALK	
123 SWIMS	
LITTLE HARBOUR	
REVERSE KICKING	
KICK LEGS POOLSIDE TO SPLASH	
WOGGLE HORSEY HORSEY	
WOGGLE SWIMS	
TORPEDOS	
5 LITTLE DUCKS	

THINGS TO INCLUDE/SONGS	SAFETY
THE GRAND OLD DUKE OF YORK	
BEAKERS	
DOLPHIN NOSES	
5 LITTLE DUCKS	
MIRROR WORK	