

Scooter Swimmers

GRADES 2-8

SKILLS/OBJECTIVES: Beginning arm movements associated with swimming, upper body strength development, agility, coordination

NUMBER OF PLAYERS: Unlimited

EQUIPMENT: One scooter for each player

HOW TO PLAY: Swimming without a pool? You bet, with a little imagination, we can turn the scooter into a “swimming board.” This activity is terrific for developing upper body strength, as well as introducing various swim strokes to your students. The following description is set up as a relay (a “swim meet”), but it can also be used as part of a station lesson or simply as a challenge activity.

First, introduce the “breast stroke” and “crawl stroke” to the students and allow plenty of free practice time. Next, have the student pair up and practice the “backstroke,” with two scooters under the swimmer (who is lying on his or her back) and one partner helping and guiding. Finally, introduce the “turtle turn” on a wall (the technique used by swimmers in which they turn and push off the pool wall with their feet).

After the students have mastered the above skills, consider having a “Swim Meet.” Basically, it would be played as a regular relay with teams of 2-4 players, swim lanes using floor tape or traffic cones, and a wall for executing the turtle turns.

Have fun swimming!

