



# HOMESCHOOL ACTIVITIES

Jungle Tots 3,4



## JUNGLE TOTS 3 (PROPULSION)

### STREAMLINE KICKING

Have your child lay belly down on the bed with their legs hanging off. Have them kick up and down leading with their thighs. Do not let their knees bend, make sure their legs stay straight. Sing to the tune of The Wheels On The Bus "The swimmers in the pool kick up and down, up and down, up and down, the swimmers in the pool kick up and down, all through the pool".

### PADDLE ARMS

Sitting in the bathtub, have your child scoop, with their hands, in the water, fully extending their arms and pulling the water to their belly. Make sure they keep their fingers together like a spoon, not spread out like a fork. Sing The Wheels On The Bus, while they scoop the water.

While laying on their belly, have them reach for toys in front of them and bring them to their shoulders.

## JUNGLE TOTS 4 (BACK KICKS, ROLLING, ADV. BREATHING)

### ROLL TO FLOAT

On the carpet, have your child practice rolling from back to tummy and from tummy to back with their arms stretched over the head. This will ensure that they are rolling with their stomach and back muscles, not their arms and legs. Work on rolling back the same way that they came from (no log rolling).

### BEGINNER FREESTYLE (BIG ARMS)

Have your child make forward arm circles by reaching their arms behind them, then raising their arms above their head, reaching as tall as possible and around, reaching in front of them with their arm fully extended.

### BEGINNER BACKSTROKE (BACK KICKS AND PAT THE DOG SCULLING)

With your child sitting on the edge of the bed have them kick their legs up and down and play red light green light. On green light they should kick up and down with their legs stretched out, on red have them stop. To ensure proper form, tell them to point their toes like a ninja or ballerina and kick from the thigh, with a slight bend in the knee.

Have your child stand with their back to the wall and hands by their sides. Have them pat their hands against the wall by wiggling their arms as if they are 'playing drums'.

### BREASTSTROKE KICKS

While sitting on a chair, have your child practice their breaststroke kicks by moving their legs while saying:

- "Monkey" (Knees out like a monkey)
- "Airplane" (Toes out with legs fully extended spread as far apart as possible like airplane wings)
- "Soldier" (Legs squeeze together straight like a soldier)

