



# HOMESCHOOL ACTIVITIES

## Mighty Monkeys 1,2



### **MIGHTY MONKEYS 1 (PROPULSION)**

#### **SWIM, FLOAT, SWIM**

Have your child lie belly down on the carpet. Ask them to hold their breath for 5 seconds then roll to their back and breath. Repeat, reminding them to roll over when they need to take a breath.

#### **BEGINNER FREESTYLE (PADDLE ARMS)**

Sitting in the bathtub, have your child scoop their hands in the water, fully extending their arms and pulling the water to their belly. Pretend that the bathtub is full of ice cream and have your child do 'ice cream scoops' into their belly. Make sure they keep their fingers together like a spoon, not spread out like a fork

#### **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'.

### **MIGHTY MONKEYS 2 (BEGINNER FREESTYLE & BACKSTROKE)**

#### **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.

#### **FREESTYLE WITH SIDE BREATHING**

In the bathtub, Tell your child to practice breathing by putting their face in the water and exhaling (blowing bubbles), then turn their head to the side leaving only their ear in the water and take an audible breath in. Repeat to both sides.

Have your child lie face down on the bed with their feet hanging over the edge. One arm should be fully extended above their head and the other arm pressed against their side. Have them start a kicking motion and begin to count to 6. When you reach 6 instruct your child to roll 90 degrees so they are now resting on their hip. Their ear is resting on the shoulder of the arm that its extending over their head and their eyes are looking up at the ceiling. Instruct them to kick again for 6 seconds but forward and back this time rather than up and down. Repeat switching back and forth between the two positions several times. You can also have your child switch which arm is extended and the side they are rotating to. The end goal of this drill is that the student will be able to properly position themselves in and out of a side breath without breaking their kicks.

#### **BACKSTROKE**

Have your child make backward arm circles by reaching their arm in front of them with their palm faced in, as the arm reaches toward the ceiling, flip the hand so the palm faces out. The arm then brushes past their ear, then returns to their thigh, palm facing into their thigh. As backstroke continues, the arms should always be opposite each other and continuously moving.

