



HOMESCHOOL ACTIVITIES

Terrific Tigers 1,2



TERRIFIC TIGERS 1 (LEARNING THE STROKES)

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)

BREASTSTROKE ARMS

With their head and shoulders, over the side of the sofa, have your child practice their "pizza arms". Hands start together, extended out, with both thumbs up. Turn the thumbs down with the backs of hands touching, bend the elbows, and scoop hands around in a circle into the chest then bring arms forward back to the thumbs up starting position. Leaning over the sofa will keep your child from creating too large of a pull. Tell your child to: "slice the pizza, then scoop it up and eat it."

TERRIFIC TIGERS 2 (BUILDING ENDURANCE)

BREASTSTROKE TIMING

Have your child lie on their stomach on a bed with their arms over the edge. Start with arms in streamline, extended in straight in front with their hands together, and head in between their arms with their eyes down. Have them bring their arms around in a circle, towards their feet, putting hands together in front of their chest. To breathe, lift head up as the elbows are bending to do the pull. Put the head back down as they shoot their hands back forward to the starting position. To work on gliding, leave hands in the starting position for a 3 count before taking another breath.

BUTTERFLY BODY (DOLPHIN KICKS)

Have your child stand up with their arms by their side and legs and feet glued together. Have your child wiggle their bodies in a wavelike motion, moving their hips and chest forwards and backward. Arms and head should not move during this exercise. Pretend to be hula hooping.

BUTTERFLY ARMS

Have your child stand 6-10 inches away with their back to the wall, have your swimmer practice rotating both arms behind them (butterfly pull), brush the wall, and come over their head. As this gets easier, have them step farther away from the wall to increase their range of motion.

