**Cross Curricular Ideas**

Here are some ideas on how to bring other subjects into a swimming lesson:

**Maths**

* Ask a simple mental arithmetic question and ask the children to swim the answer in widths – e.g. 2 x 3 – 1 (swim 5 widths)
* Use a tape measure to measure the length and width of the pool to give the children an idea of distance

**Science**

* Talk about different muscles and limbs and how these help you to swim faster
* Discuss forces keeping you afloat

**English**

* Write letters on floats and ask the children to spell out words in the pool
* Encourage the children to complete the word searches and crosswords we provide in these resources

**PHSE**

* Promote team activities during the lesson to improve teamwork skills
* Discuss the health benefits of swimming

**General**

* Choose a subject and create some true or false and yes or no questions. Ask the children to swim to different areas of the pool depending on their answer. Use different strokes on each question
* Ask questions on different subjects while the children tread water