Cross-curricular ideas

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

Maths/numeracy

- Ask a simple mental arithmetic question and ask your pupils to swim the answer in widths. For example – what is 2x3 = 6? (Pupils swim six widths).
- Use a tape measure to measure the length and width of the pool to help your pupils understand, area, volume, distance etc.
- Using numbered floats and a large round mat/float, your pupils collect numbers from around the pool and work together to make a clock face.

Science

- Talk about the different muscles and limbs of the body - and how these help you to swim stronger and faster.
- Discuss the forces keeping them afloat.
- Using a float tilted at different angles, pupils can experience the different resistance to the water when float is flat, and when it is upright, pushing against the water. This helps understanding of streamlining etc.

English

- Write letters on floats and ask your pupils to spell out words in the pool, or team up for pool Scrabble.
- Encourage your pupils to complete the swimming word searches and crosswords provided in these resources.
- Pupils collect letter floats from around the pool and make (swimming or water safety related) words on a big float, either on the side of the pool, or held in the shallow end of the pool.

PHSE

- Promote team activities during the lesson to improve teamwork skills – for example mini-water polo or basketball hoops.
- Discuss the health benefits of swimming – for example: mental wellbeing, fun, relaxation, cardio and strength. Relate these to real life examples and stories.
- Link in self-rescue activities and also water safety elements – how to help a friend, call 999/112 etc.
- You might like to link activities related to topical news/world events.

General

- Choose a subject and create some true or false, and yes or no questions. Ask your pupils to swim to different areas of the pool depending on their answer. Use different strokes for each question.
- Ask questions on different subjects while your pupils tread water and shout out the answers. Do this for set amounts of time to make it more challenging.