



## Songs and rhymes adapted for Toddler Swimming Classes

### Swimming

Swimming, swimming,  
Swimming, swimming  
Have a stretch,  
Have a stretch,  
Rolling, rolling, rolling,  
Rolling, rolling, rolling,  
Have a rest! – AHHHH  
Have a rest! – AHHHH

Running, running, running,  
Running, running, running,

### Yes you can

Up to the heavens and down to the sea,  
Can you touch your nose like me?  
Yes I can!

Repeat and add:

- a. Can you rub your tummy
- b. Can you tickle your knees
- c. Can you go round and round etc

### Song 3

Wide, wide as the ocean,  
High as the heavens above,  
Deep, deep as the deepest sea,  
Is my Mummy's love  
Even when I'm grumpy,  
I still can be sure of her care –  
For this life teaches me  
That her love reaches me  
Everywhere.

### I hear thunder

I hear thunder, I hear thunder,  
Hark, don't you? Hark, don't you?  
Pitter, patter raindrops,  
Pitter, patter raindrops,  
I'm wet through –  
So are you!

### Five fat peas

Five fat peas in a pea pod pressed,  
One grew, two grew,  
And so did all the rest,  
They grew and they grew  
And they grew and they grew  
They grew so fat and scrumptious  
That the pea pod – POPPED!

### If you're happy and you know it

If you're happy and you know it:



Rub your tummy  
Rub your head  
Squeeze your shoulders  
Stroke your legs etc.

### **Clap your feet**

Clap your feet, clap your feet, clap them just like me (x4):  
Roll your legs,  
Have a stretch,  
Shake your hands etc.

### **Mrs Bunny (warm up and confidence songs and rhymes)**

O Mrs. bunny looks funny when she twitches her nose, O Mrs. bunny looks funny when she splashes her toes, two floppy ears and two big feet, we love her coz she's so sweet.  
Mrs Bunny stretches!  
Mrs Bunny flops!  
Mrs. Bunny hops and she hops and she hops, Mrs Bunny hops and stops

### **Happy and you know it...**

If you happy and you know it splash your hands, If your happy and your know it splash your hands, If your happy and you know it and you really want to show it, If your happy and you know it splash your hands.  
(Repeat many times changing swimming practices)

### **This is the way we... in the swimming pool**

This is the way we wash our face, wash our face, wash our face. This is the way we wash our face, in the swimming pool.  
(Repeat many times using different swimming practices.)

### **Penguin (jumping in songs and rhymes)**

I'm a little penguin black and white, short and fluffy 'Ooh what a sight!'  
I can't fly but I love to swim, so when my curly toes are ready  
I JUMP IN!

### **Kangaroo (rhyme)**

A one A two A Kangaroo!!

### **Down by the banks of the Hanky Twanky**

Down by the banks of the Hanky Twanky, were the bullfrog jumps from bank to banky, with a hip, hop, hippity hop, jumping from the lily pad, - gooooooo. PLOP!

### **Zoom to moon (prone push and glide) or (throwing in air as a final song in circle)**

Zoom zoom zoom where going to the moon. Zoom zoom zoom where be there very soon.  
Five, four, tree, two, one. BLAST OFF!!

### **Pancake (supine push and glide)**

I'm a little pancake on my back - WHOOSH!  
Flip me over swim me back

### **Incey wincey spider**

Incey wincey spider climbed up the water spout, down came the rain and washed the spider out –  
Whoosh!(supine push and glide from monkey hold on bar)  
Up jumped the sunshine and dried out all the rain and incy wincey spider climbed up the spout again

**Down in the jungle (water confidence)**

Down in the jungle were nobody goes, I saw an elephant washing his clothes.  
With a scrubaduba here and a scrubaduba there, Then I saw an elephant washing his hair , with a ooh arrrh, a boogie woogie woogie, ooh arrrh a boogie woogie woogie, ooh arrrh a boogie woogie woogie , then I saw an elephant washing his hair! – (repeat with different animals)

**Motor boats (kicking practices)**

Motor boats motor boats all in a row put your foot on the gas and off you go  
(Each time add a teaching point) example: - point you toes and off you go  
Blow loud bubbles off you go...  
(Repeat song on motor bikes)

**Down at the station**

Down at the station early in the morning, see the little puffer trains all in a row.  
Hear the engine driver starting up his engine choo! Choo! Choo! - And off we go!  
(replace - choo choo choo each time for teaching point - example fast splashy toes and off we go)

Horse (Riding on a woggle)

Horsey Horsey don't you stop just let you feet go spilshity splosh. Your tail goes swish and your hands go round giddy up where home ward bound.

See the sleeping bunnies/starfish /frogs (still floating practice)

See the sleeping bunny's sleeping till noon shall we wake them with a merry tune, their so still O so still (shout) - WAKE UP BUNNY'S!!

Hop little bunny's, hop hop hop. Hop little bunny's, hop hop hop. Hop little bunny's hop hop hop. Hop, hop, hop hop hop.

**Jelly on a plate (Songs and rhymes for the raft)**

Jelly on a plate jelly on a plate wibble wobble wible wobble jelly on the plate  
Jelly in the pool jelly in the pool wible wobble wibble wobble jelly in the pool 1-2 3eeee  
Fishes in the water , fishes in the sea,  
We all jump in with a 1 2 3eeee

**What we going to do with the wobbly toddler**

What we going to do with the wobbly toddler, what we going to do with the wobbly toddler, what we going to do with the wobbly, early in the morning in they jump with a splish and splosh in they dive with a splish and splash, there they go and off they swim and splash in the swimming pool.

**I'm a hip hip hip hippopotamus**, hip hip hip hip hooray and I love to go to the water's edge and splish and splash all day.

I jump in the mud, I roll in the mud, I sing in the mud and dance the mud. I splash in the mud and fall down in the mud and make mud pies all day.

I'm a hip hip hip hippopotamus, hip hip hip hip hooray.