

Ages 4-10

Levels 1-6



Stamina



Skill



Changing 'Floating' Positions - on your front or back



The basic principles of the activity & how you execute it

To understand the floating positions and be able to move from one to another.

What you need to do the activity: Lying on the front or back in a star position, adult says NAME-READY-PENCIL and the child brings their arms and legs together, nice and long in a pencil position. Say 1-2-3-STAR and the child moves from pencil to star position. Keep repeating but changing the length of time in each position.



What you will need

Just enough comfortable floor space for a star float!



Notes for parents

Keep changing the length of time, sometimes only a few seconds, other times longer, slow down and speed up. You can do this on your front and back. This exercise teaches a child to understand the different floating positions and how to move from one to the other on a signal. Learning to float is a crucial personal survival skill.