

Report about our Awesome Swimming Lessons.

For the last few weeks Team Takahe has been doing swimming lessons at school in the school pool. Our coaches names were Mike and Shyanne.

We've been taught how to stay safe in the water. We've learnt five ways to float! The five ways we can float are; on our back, on our stomach, in a ball, sculling and treading.

We've learnt some new games called Rainbow Rush and Buffalo. Rainbow Rush is when you get given a colour and there is one tagger in the middle. When the tagger calls your colour you've got to go to the other side of the pool without getting tagged. When you are tagged you have to stand still and try tag anyone going past. Buffalo is where there's one person in on one side of the pool and all the others are at the other side. When the person in looks away all the others run up to him but stop when the person in looks back. If you get seen moving by the person in you have to go to the back of the group.

We've also done some life saving in white water. First we had one person treading at one end of the pool and the saver at the other. Everyone is on the side of the pool with a flutter board splashing the saver while the saver is trying to save the person who is treading.

I think that we are very lucky to have swimming lessons.

Angus