Silly Swim (Swim)

Ages 7-14

Activity Objective:
Through swim activities, children’s knowledge of asthma medication and terms are enhanced and reinforced. Each swim activity symbolically demonstrates and is representative of the asthma term.

Instructions:
- Divide group in half to form 2 teams
- The swim style for each race will represent a medication action or an asthma-related term.
- Crazy and creative swim strokes will be integrated as well as swim toys.
- Designate a short race distance.
- As kids are swimming explain why the asthma term relates to the swim style.
- See list of medication categories/asthma terms and suggested style of swim below.

Medication Categories/Asthma Terms and Suggested Swim Strokes:

- **Inflammation** - Blow up inflatable arm float, secure tightly on arm and swim backward using back stroke.
- **Smooth Muscle Band** - Swim distance with inner tube at waist.
- **Spacer Relay** - Swim with spacer one length, pass to teammate who will swim distance and repeat relay.
- **Quick-relief Medication** - Swim with kickboard quickly 3/4 of length and last 1/4 float.
- **Long-term Controller** - Swim side stroke whole way.
- **Inhaler** - Swim crawl stroke
- **Asthma Episode Relay** - Put on a wet t-shirt and swim distance, take it off and give it to teammate who puts it on and swims back.
- **Nebulizer** - One team member sits in inner tube which has a rope tied to it. Another team member holds rope and pulls team member the distance.
- **Bronchodilator** - Three hula hoops are held along the distance path and swimmer is instructed to swim through hoops.
- **Dry Powder Inhaler** - Hold spoon in mouth with a ping pong ball and walk the distance.
- **Pulmonary Function Test** - Throw three pennies (other object) on the bottom of pool for swimmer to find.
- **Sneezing** - “Belly Flop” diving contest.

Materials Needed:
Listed with each individual swim strokes

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