

Name:

Date Assigned:



Fundamental Motor Skill: Porpoise Flutter Kick

Activity: Car Wash

Number of participants



3 or more

Description: Swimmers form a line holding noodles or kickboards. On the instructor's cue, the "car wash" begins and swimmers start to kick forward, circle around each other safely, and follow directional calls (forward, reverse, circle left/right). The focus is on continuous kicks and changing direction while maintaining balance and coordination. This turns kicking practice into a fun, game-like swim activity.

Adaptations for Wheelchair Users:



- Dryland seated flutter kicks using resistance band
- Seated "direction calls" with upper-body turns (forward, reverse, left, right)
- Timed reaction movements to mimic direction changes
- Shortened intervals with structured rest breaks



Skills

Physical: Kicking, propulsion, dynamic balance

Cognitive: Direction change, sequencing

Social: Group play

Equipment

- Pool noodles or kickboards

SMARTIE goal example:

- I will keep kicking the whole time without stopping.
- I will turn the right way when I hear the direction.

My personal goal:

Next Assessment Date:

Fundamental Motor Skill: Porpoise Flutter Kick

Activity: Car Wash

 Wheelchair friendly?
Yes

Modifications

To make the activity easier	To make the activity harder
Change the equipment	
• Use chest-deep shallow water for stable footing • Create wide lanes with floating markers to prevent collisions	• Move to deep water with no wall contact • Narrow lanes slightly to increase spatial awareness demands
Change the task	
• Practice straight forward kicks only before adding turns • Use visual cue cards (arrow signs) instead of rapid verbal calls	• Add rapid direction changes (two cues back-to-back) • Add push-off from wall before entering lane