

Crocodile Swim

This activity helps you to think and move and needs lots of attention and concentration.

Step 1. Crocodile swim – same



Start by lying on your tummy on the floor with head turned to the right. Your right arm makes a right angle at the shoulder and then a right angle at the elbow. You should be able to see your right hand which should be at about eye level. Your right leg should make a right angle at the hip and a right angle at the knee. The left arm is straight down by your side and the left leg is straight. You now have to swap sides by sliding the right arm and leg downwards, while at the same time turning the head, as the other arm and leg move up to the bent position. The hand pointing up should be level with the eyes.

Notes for helpers:

This pattern is called **same** because the same arm and leg are bent (at the elbow and knee) and the same arm and leg are straight.

When most people begin floor swimming they usually move in bits, head turns, then arms change and then legs. The most difficult part of this activity is to move the legs, so that one leg moves down as the other moves up.

Step 2. Slowly and smoothly

Now try to **slowly** move head, arms and legs **at the same time**. With practice, you become much more coordinated so arms, legs and head all move smoothly and at the same time, without confusion. If everything is moving together, when you are halfway,

1. Head should be pointing at the floor.
2. Arms are at your side about level with your shoulders and slightly bent at the elbow.
3. Legs are each in the same position, making about a 45 degree angle at the hip and about 135 degrees at the knee. Your hips will now be lifted off the floor.

Notes for helpers:

The most difficult part of this activity is moving the legs so they both start and finish at the same time. When beginning this activity it is likely that the leg which has to straighten will finish before the other leg and often before the arms or head. Until the hips are raised off the floor as the legs are changed it will not be possible to finish both legs at the same time.

Your goal is to move smoothly so that head, arms and legs all start and finish at the same time.

Step 3. Not same



Now you begin with the left arm up and the right leg bent, while the left leg and right arm are straight. Swap sides. The arm and leg bent upwards are now on **opposite** sides of your body so, it is more difficult than the **same** pattern and

you will take longer to do this well, with arms, legs and head all moving at the same time.

Step 4. Not same, slowly

Now, starting with the **not same** pattern, change very slowly and smoothly. Arms, legs and head should all move at the same time.

If everything is moving together, when you are halfway,

1. Head should be pointing at the floor.
2. Arms are at your side about level with your shoulders and slightly bent at the elbow.
3. Legs are each in the same position, making about a 45 degree angle at the hip and about 135 degrees at the knee. Your hips will now be lifted off the floor.

Your goal is to move smoothly so that head, arms and legs all start and finish at the same time.

Step 5. Not same, same, not same...

You should now know which pattern is **same** and which is **not same**, so that if your helper says '**start with the same pattern**', you will know how to start crocodile swim. Now your helper will tell you in which pattern they want you to move (same or not same), then they will tell you to change the pattern. So you may start with **not same**, swap sides several times, slowly, then your helper will say **same** and you will now swap sides in the same position. Your helper will keep telling you to change from the same to the not same position.

Step 6. Slowly, in time to a beat

Turn on the beat by clicking in '**Beat**' at the top of this screen. The beat is set at 1.00sec (60 per minute). To begin, change sides slowly (starting in the **same** position, with the same arm and leg bent) and count the beats as you change. Now you have to do two things at once, move head, arms and legs all together and count in time with the beat. It doesn't matter how many beats it takes for you to change. When you can count in time with the beat and change sides smoothly, try to complete the change in a set number of beats, e.g. 8 beats. To do this you would start moving as you say '1', keep counting in time to the beat, while moving, and you should finish moving as you say '8'. Try to get this exact,

Organising Space 3

so head, arms and legs finish at the same time and take precisely 8 beats to change sides. Once you can do this, change the number of beats to a different value, for example 6, 11, 9. With practice you will be able to alter your speed so you can change sides in any number of beats.

Now try changing in time but starting in the '**not same**' position.

Your goal is to move smoothly so that head, arms and legs all start and finish at the same time in the number of beats asked.