

**Early Childhood Swim Teachers Qualification**

***Songs and Nursery Rhymes***

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Please note: each of the following songs/rhymes helps meet a specific obejective through structured play. These can be adapted for use throughout the Early Years programme.

Movement: The Key to Learning

***Children are born to move***

Songs can be used in lessons for children of all levels and stages of development. It is important to understand that **practice and progressions** are essential if you are to acheive the objectives.

These songs can be used with or without adult support and can be organised in the following ways:

* In circles moving or stationary
* In a line travelling across the pool (waves/staggers)
* Random moving or stationary across the pool
* In small groups
* With partners

A variety of holds can be used in accordance with the child’s age and stage of development.

Learning the songs or rhymes verse by verse, along with the use of repetition, will allow the child to become more familiar with the words and actions.

**Welcome Song**

Chris is here today

Chris is here today

Let’s all make a splash ‘cause Chris is here today

**Pancake Song (I’m a Little Tea Pot)**

I’m a little pancake on my back

I’m a little pancake nice and flat

I’m a little pancake on my back

Just tip me over and swim me back

I’m a little pancake on my tum

I’m a little pancake having fun

I’m a little pancake on my tum

Roll me over to see the sun

**Tick Tock**

Tick tock tick tock I’m a little cuckoo clock

Tick tock tick tock now I’m striking one o’clock (2 o’clock then 3 o’clock)

*(Gently rock child from side to side and push up on strikes, face parent to start with, then face rest of class when confident)*

**Wheels on the Bus**

The wheels on the bus go round and round

Round and round

Round and round

The wheels on the bus go round and round

All day long

...wipers go swish

...horn goes beep

...motor goes brm

...children go splash

...feet go kick

**Green Frog**

Splash splash went the little green frog one day

Splash splash went the little green frog

Splash splash went the little green frog one day

And we all go splash splash splash

**Horsey Horsey**

Horsey horsey don’t you stop

Let your feet go clippety clop

The wheels go around

And the horse says Nay

Giddy up we’re homeward bound

**Entry game**

As tall as a house

As small as a mouse

As fat as a cat

As thin as a pin

We all float in

**Row your boat**

*(Baby in prone hold)*

Row Row Row your boat

Gently down the stream

If you see a crocodile

Don’t forget to scream

*(Baby in cradle hold)*

Row Row Row your boat

Gently down the stream

If you see a crocodile

Don’t forget to scream

**Row Your Boat (Version 2)**

Row row row your boat gently down the stream

Merrily merrily merrily merrily life is but a dream

Row row row your boat gently down the stream

Whoops I tricked you it’s a submarine

**If you’re happy and you know**

If you’re happy and you know it clap your hands

If you’re happy and you know it clap your hands

If you’re happy and you know it then you really ought to show it

If you’re happy and you know it clap your hands

...blow bubbles

...make a splash

...wave goodbye

...kick your feet

...splish and splash

...wash your tummy

**If you’re happy and you know (Version 2)**

Put the water on your nose on your nose

Put the water on your nose on your nose

Put the water on your nose put the water on your nose

Put the water on your nose on your nose

…chin

…mouth

…ear

…hair

**Ten Green Frogs**

Ten green frogs hopping up and down

Ten green frogs hopping up and down

And if one green frog should decide to go and swim

There would be 9 green frogs hopping up and down

**Aeroplane song**

Head’s in the water

Nose to the sky

Sit straight up

Like there’s water in your eye

Fly around your partner, like an aeroplane

Then come into land, and do it all again

**Down at the station**

Down at the station early in the morning

See the little puff-a-billies all in a row

See the engine driver climb up on the engine

“Puff Puff”

“Toot Toot”

Off we go

**Hokey Cokey (Whale Wiggle or Fishy Wishy)**

You put your left hand in

You put your left hand out

You put your left hand in and you shake it all about

You do the fishy-wishy (wiggle) and you turn around

That’s what it’s all about

…you put your right hand in

…you blow bubbles in

…you put your whole self in

**Head shoulder knees and toes knees and toes**

Head shoulder knees and toes knees and toes

Head shoulder knees and toes knees and toes

Head shoulder knees and toes

And eyes and ears and mouth and nose

Head shoulders knees and toes, knees and toes.

**Back Float *(Tune: Twinkle twinkle little star)***

Twinkle twinkle little toes

This is how my back float goes

Ears in the water

Tummy up high

Like a speed boat I float by

…like a tug boat I float by

…like a sail boat I float by

…like a star fish I float by

…like a lily pad I float by

**Crabs and Sea shells *(Tune: Frere Jacque)***

Crabs and sea shells

Crabs and sea shells

Dolphins to

Dolphins too

Octopus and penguins

Octopus and penguins

We swim too

We swim too

**Hickory Dickory**

Hickory Dickory dash

The children make a big SPLASH

They turn around

They touch the ground

Hickory Dickory Dash

Hickory Dickory dare

The children jump up in the air

Their bubbles went in

They were learning to swim

Hickory Dickory dare

**SLIPPERY FISH**

A Slippery Fish, a Slippery Fish swimming through the water

A Slippery Fish a Slippery Fish............

OH NO!  He's been eaten by a Tuna Fish

A Tuna Fish a a Tuna Fish swimming through the water

A Tuna Fish a Tuna fish.................

OH NO! He's been eaten by an Octopus

A Octopus an a Octopus swimming through the water

An Octopus an Octopus....................

OH NO! He's been eaten by a Big White Shark

A Big White Shark, A Big White Shark swimming through the water

A Big White Shark, A Big White Shark GULP GULP GULP!!!!!

**Gallop went the little green frog**

Gallop went the little green frog one day

Gallop went the little green frog

Gallop went the little green frog one day and the frog went Gallop gallop gallop

But we all know frogs go (pause) Ladidadida (pause) ladidadida (pause) ladidadida

But we all know frogs go (pause) Ladidadida they don’t go Gallop gallop

Splish splash went the little green frog one day …

Kick kick went the little green frog one day …

**5 Little ducks went out to play**

5 Little ducks went out to play

Over the pond and far away

Mummy duck said Quack, quack, quack…

4 little ducks came back

(Repeat with 4, 3, 2 and 1)

**Teddy Bear Teddy Bear**

(Action: Copy teddy bears)

Teddy Bear Teddy Bear up and down

Teddy Bear Teddy Bear turn around

Teddy Bear Teddy Bear touch your toes

Teddy Bear Teddy Bear touch your nose

Teddy Bear Teddy Bear to and fro

Teddy Bear Teddy Bear lots of bubbles we blow

Teddy Bear Teddy Bear touch your toes

Teddy Bear Teddy Bear wet your nose

Teddy Bear Teddy Bear to and fro

Teddy Bear Teddy Bear down we go

**5 green and speckled frogs**

5 green and speckled frogs

Sat on a specked log

Eating some most delicious bugs

Yum, Yum

One jumped into the pool

Where it was nice and cool

Now there were four green specked frogs

**Number songs**

One, two, three, four, five

Once I caught a fish alive

Six, seven, eight, nine, ten,

Then I let it go again

Why did you let it go?

Because it bit my finger so

Which finger did it bite?

This little finger on my right

**Motor Boat Motor Boat**

Motor boat motor boat go so fast

Motor boat motor boats go so slow

Motor boat motor boat step on the gas

**Names in the group or family…**

Wish wash Jessica wish wash (swoosh the water sideways twice like wind screen wipers)

Wish wash Jessica wish wash

Splish splash Kody Splish splash (splash on the water twice with your hands)

Splish splash Kody splish splash

Bibble bubble Lucy bibble bubble (blow bubbles twice)

Bibble bubble Lucy bibble bubble

Clap hands Nicholas clap hands …

**The children in the pool (Tune: Wheels on the Bus)**

The children in the pool jump up and down

Up and down

Up and down

The children in the pool

Jump up and down all day long

**Tony Chestnut**

Toe, knee, chest, nut, nose

I love you

Toe, knee, nose

Toe, knee, nose

Toe, knee, chest, nut, nose

I love you

Toe, knee, nose

Toe, knee, nose

That’s what toe knee chest nut nose

**Shake, Shake**

Shake, shake, rattle, rattle

Shake, shake, rattle, rattle

Shake, shake, rattle, rattle

Roll over

**Bounce, bounce**

Bounce, bounce all around

Bounce, bounce, bouncing is so much fun

Bouncing around the swimming pool

...landing on your bottom

...blowing lots of bubbles

**Ring a Roses (in a circle)**

Ring a ring of Roses

A pocket full of poses

A tissue, a tissue, we all...

...fall down

...blow bubbles

...jump up

**Like a Teddy Bear**

Round and round the garden like a teddy bear,

One step, two step and jump up in the air.

**Twinkle, Twinkle Traffic Light (Helen’s School of Swimming)**

Twinkle, twinkle traffic light,

On the corner shining bright.

Red means stop,

Green means go,

Orange means go but very slow.

Twinkle, twinkle traffic light,

On the corner shining bright.

**How much is that Fishy**

How much is that fishy in the fish bowl?

The one with the wiggly tail

How much is that fishy in the fish bowl?

I do hope that fishes for sale.

How much is that fishy blowing bubbles

The one with the googly eyes

How much is that fishy blowing bubbles

I do hope that fishes for sale.

**Fishes in the water**

Fishes in the water, fishes in the sea

We all jump up on a 1-2-3

Fishes in the water, fishes in the sea

We all blow bubbles on a 1-2-3.

**Hi Ho**

Hi Ho Hi Ho It’s out the pool we go,

We take our time and out we climb,

Hi Ho Hi Ho Hi Ho Hi Ho!

**There’s a Worm at the Bottom of the Garden**

There’s a worm at the bottom of the garden,

And his name is Wiggle Woo.

There’s a worm at the bottom of the garden,

And all that he can do,

Is wiggle all day and wiggle all night.

There’s a worm at the bottom of the garden,

And his name is Wiggle Woo

**Zoom, Zoom, Zoom**

Zoom zoom zoom, we are going to the moon,

Zoom zoom zoom we are going very soon,

5, 4, 3, 2, 1 blast off!

**Five Little Monkeys**

Five little monkeys sitting in a tree,

Teasing mister crocodile,

You can’t catch me!

Along came Mister Crocodile as quietly as can be,

And SNAP SNAP SNAP!

Frightening the children away

**Noodle Tunnel**

Round and Round the swimming pool,

Like a teddy bear.

One swim two swims,

We are going under there.

**Rock-a-Bye Baby**

Rock-a-bye baby in your small boat.

When the wind blows, your small boat will rock.

When the wind falls, your small boat will float,

Safely to shore, baby and all.

**Sleeping Bunnies**

See the bunnies sleeping till it’s nearly noon,

Shall we wake them with a merry tune?

They’re so still, are they ill, wake up little bunnies!

Hop little bunnies, hop hop hop,

Hop hop hop, hop hop hop.

Hop little bunnies, hop hop hop,

Hop hop hop.

**London’s Burning**

London’s burning, London’s burning.

Fetch the engines, fetch the engines.

Fire, fire, fire fire!

Pour on water, pour on water.

London’s burning.

**I’m a Little Teapot**

I’m a little teapot,

Short and stout.

Here is my handle,

Here is my spout.

When I get all steamed up, Hear me shout,

Tip me up and pour me out!

I’m a clever teapot,

Yes, it’s true.

Here’s an example of what I can do.

I can turn my handle into a spout,

Tip me up and pour me out!

**Puffer Trains**

Down at the station, early in the morning,

See the little Puffer trains all in a row.

Here comes the driver to start up the engine,

PUFF PUFF, PEEP PEEP off we go!

**Polly**

Polly makes a splash again,

Polly makes a splash again,

Polly makes a splash again,

We all get wet.

**The Grand Old Duke of York**

The Grand Old Duke of York,

He had ten thousand men.

He marched them up to the top of the hill,

And he marched them down again.

And when they’re up, they’re up,

And when they’re down, they’re down

And when they are only halfway up

They’re neither up nor down.

He marched them to the left,

He marched them to the right.

He marched them around and around and around,

And he marched them out of sight.

**Old MacDonald**

Old MacDonald had a pond E-I-E-I-O.

And on that pond he had some ducks E-I-E-I-O.

With a splash splash here,

And a splash splash there.

Here a splash, there a splash, everywhere a splash splash.

Old MacDonald had a pond E-I-E-I-O.

…fish

…frogs

…swans

**Mulberry Bush**

Here we go round the swimming pool,

The swimming pool, the swimming pool.

Here we go round the swimming pool,

On a cold and frosty morning.

This is the way…

…we splash our hands

… we kick our legs,

… we blow bubbles

… we turn around

… we jump up and down

… we wash our face

**Dingle Dangle Scarecrow**

When all the cows were sleeping and the sun had gone to bed

Up jumped the scarecrow and this is what he said.

I’m a dingle dangle scarecrow with a flippy floppy hat.

I can splash my hands like this and kick my legs like that.

When all the hens are roosting and the moon behind the cloud.

Up jumped the scarecrow and shouted very loud.

I’m a dingle dangle scarecrow with a flippy floppy hat.

I can splash my hands like this and kick my legs like that.

**Sea**

Here is the sea, the wavy sea,

Here is boat and here is me.

And all the fishes go down below,

Wiggle their tales and away they go.

**Jelly on a plate**

Jelly on a plate, jelly on a plate
Wibble wobble, wibble wobble, jelly off the plate

Sausage in a pan, sausage in a pan
Sizzle sizzle, sizzle sizzle, sizzle sizzle bang!

Noodles on a fork, noodles on a fork
Twirly wirly, twirly wirly, noodles on a fork

Popcorn in a pot, popcorn in a pot
Popping popping, never stopping, popcorn in a pot

Honey on a spoon, honey on a spoon
Runny honey, runny honey, honey on a spoon

Jelly on a plate, jelly on a plate
Wibble wobble, wibble wobble, jelly on a plate

**Two Little Ducks**

Two little ducks that I once knew,

Fat ducks, skinny ducks, there were two.

But the one little duck with feathers on his back,

He led the others with a quack, quack, quack.

**Banbury Cross**

Ride a cockhorse to Banbury Cross,

To see a fine lady upon a white horse,

Rings on her fingers and bells on her toes,

She shall have music wherever she goes.

**Pop goes the Weasel**

'Round and 'round the cobbler's bench
The monkey chased the weasel,
The monkey thought 'twas all in fun
Pop! Goes the weasel.

A penny for a spool of thread
A penny for a needle,
That's the way the money goes,
Pop! Goes the weasel.

A half a pound of tupenny rice,
A half a pound of treacle.
Mix it up and make it nice,
Pop! Goes the weasel.

Up and down the London road,
In and out of the Eagle,
That's the way the money goes,
Pop! Goes the weasel.

I've no time to plead and pine,
I've no time to wheedle,
Kiss me quick and then I'm gone
Pop! Goes the weasel.

**Elephant**

Elephant goes like this and like that,

He’s terribly big and terribly fat.

He has no fingers, he has no toes,

But goodness gracious what a nose!

**Humpty Dumpty**

Humpty Dumpty sat on the wall,

Humpty Dumpty had a great fall.

All the kings’ horses and all the kings’ men,

Couldn’t put Humpty together again.

**Rain, Rain**

Rain, rain go away, come again another day.

All the Children want to play.

Rain, rain go to Spain, never show your face again.

**Tip Toes**

Can you walk on your tiptoe.

As softly as a cat?

Can you stamp along the road STAMP STAMP,

Just like that?

Can you take some great big strides,

Just like a giant can?

Or walk along so slowly,

Like a very old man?

**Down in the pool**

Down in the big pool,

Where nobody goes

There’s a big friendly shark there

Shaking his nose

With a splish, splash, splosh,

And a splosh, splish, splash

That’s the way he shakes his nose.

**Little Miss Muffet**

Little Miss Muffet sat on a tuffet,

Eating her curds and whey

Along came a spider that sat down beside her

And frightened Miss Muffet away!

**Rub a Dub Dub**

Rub a dub dub

Three men in a tub

And how do you think they got there?

The butcher, the baker, the candlestick – maker

They all jumped out of a rotten potato!

‘Twas enough to make fish stare

**Jack be Nimble**

Jack be nimble, Jack be quick

Jack jumped over the candlestick

He jumped so high he reached the sky

And he didn’t come back ‘till the fourth of July.

**Jack and Jill**

Jack and Jill

Went up the hill

To fetch a pail of water

Jack fell down

And broke his crown

And Jill came tumbling after

Up got Jack

And home did trot

As fast as he could caper

Went to bed

And plastered his head

With vinegar and brown paper.

**Raining Pouring**

It’s raining, it’s pouring,

The old man is snoring,

He went to bed,

Banged his head

And couldn’t get up in the morning

**See Saw**

Seesaw Margery Daw

Johnny shall have a new master

He shall earn but a penny a day

Because he can’t work any faster

**Fish Bubbles**

I see the fish, the fish see me

Blow bubbles to the fish, they blow bubbles back to me.

**Five in bed**

There was 5 in the bed

And the little one said

“Roll over, roll over!”

So they all rolled over and one fell out..

…continue with 4, 3, 2…

There was 1 in the bed

And the little one said,

“Alone at last!”

**Three little fish**

Three little fish went swimming one day

Around the pool and far away

Mummy fish said “blow blow, blow blow”

But only two little fish came home

Two little fish went swimming one day

Around the pool and far away

Mummy fish said “blow blow, blow blow”

But only one little fish came home

One little fish went swimming one day

Around the pool and far away

Mummy fish said “blow blow, blow blow”

But no little fish came swimming home

Mummy fish began to cry

Daddy fish said “Dry your eyes,

Look over there and what do you see?

Three little fish coming home for tea!”

**Incey Wincey Spider**

Incey wincey spider climbing up the spout

Down came the rain and washed the spider out,

Out came the sunshine and dried up all the rain,

And Incey Wincey Spider climbed up the spout again.

**I Hear Thunder**

I hear thunder, I hear thunder

Hark don’t you? Hark don’t you?

Pitter, patter raindrops

Pitter, patter raindrops,

I’m wet through; so are you.

I hear thunder, I hear thunder

Hear it roar! Hear it roar!

Pitter, patter raindrops

Pitter, patter raindrops,

I’m all wet! I’m all wet!

I see blue skies, I see blue skies,

Way up high, way up high!

Hurry up the sunshine,

Hurry up the sunshine

We’ll soon dry! We’ll soon dry!

**Jack in the box**

Jack in the box jumps UP like this.

He makes me laugh when he waggles his head

I gently press him down again

But Jack in the box jumps up instead.

**Jumping Beans**

One, two, three, four

Beans came jumping through the door

Five, six, seven, eight

Jumping up onto my plate

**Swimming’s Finished**

Swimming’s finished

Swimming’s finished

Time to stop

Time to stop

Swimming’s finished

Swimming’s finished

Time to stop

Time to stop

**Hold Hands and Make a Ring (Tune: Brown Girl in the Ring)**

Hold hands and make a ring

Tra, la, la, la, la

Kicking legs is our thing

Tra, la, la, la, la, la

Make a splash as we sing

Tra, la, la, la, la, la

Who’s next to kick round the ring

**My Bonnie Lies Over the Ocean**

My Bonnie lies over the ocean

My Bonnie lies over the sea

My Bonnie lies over the ocean

O bring back my Bonnie to me.

Bring back, bring back, O bring back my

Bonnie to me, to me

Bring back, bring back, O bring back my

Bonnie to me, to me

O blow ye winds over the ocean

O blow ye winds over the sea

O blow ye winds over the ocean

And bring back my Bonnie to me

Bring back, bring back, O bring back my

Bonnie to me, to me

Bring back, bring back, O bring back my

Bonnie to me, to me

The winds have blown over the ocean

The winds have blown over the sea

The winds have blown over the ocean

And brought back my Bonnie to me

**Time to go home (Tune: Andy Pandy)**

Time to go home, time to go home

Swimming is finished it’s time to go home

Time to go home, time to go home

See you next week, goodbye, goodbye

**Kick Kick Kicking (Tune: Chick Chick a Chick Chick Chicken)**

Kick kick kick kick kicking

Splash you’re little legs for me

Come on now kick kick kick kick kicking

From now until half past three

Kick keep on right on kicking, and now we need a mop

Kick kick kick kick kicking and now it’s time to stop!

**Hello, How Are You? (Tune: Skip t’ m’ Lou)**

Hello …………, how are you?

Hello …………, how are you?

Hello …………, how are you?

How are you today

**I Can Jump In (Tune: Frere Jacques)**

I can jump in, I can jump in

So can you, so can you

I can make a big splash, I can make a big splash

I’m wet through, so are you!

**Row, row, row your boat**

Row, row, row your boat

Gently down the stream

Merrily, merrily, merrily, merrily,

Life is but a dream

Row, row, row your boat

Gently up the creek

If you see a little mouse

Don’t forget to squeak!

Row, row, row your boat

Gently down the stream

If you see a crocodile

Don’t forget to scream!

Row, row, row your boat

Gently to the shore,

If you see a lion,

Don’t forget to roar!

**Aeroplanes, Aeroplanes All in a Row**

Aeroplane, aeroplanes all in a row

Aeroplane, aeroplanes ready to go,

Hark they are beginning to buzz and to Hum

Engines are working so come along come

Now we are flying up into the sky

Faster and faster oh ever so high

**One Finger One Thumb Keep Moving**

One finger one thumb keep moving (repeat 3 times)

We’ll all be merry and bright

One finger one thumb one arm one leg keep moving (repeat 3 times)

We’ll all be merry and bright

One finger one thumb one arm one leg nod of the head keep moving (repeat 3 times)

We’ll all be merry and bright

One finger one thumb one arm one leg nod of the head jump up jump down keep moving (repeat 3 times)

We’ll all be merry and bright

One finger one thumb one arm one leg nod of the head jump up jump down turn around keep moving (repeat 3 times)

We’ll all be merry and bright

**Jumping In Song**

There was ………… sitting on a rock,

Along came a wave and ………… went plop!

**See The Rain Fall From the Sky (London Bridge is Falling Down)**

See the rain from fall the sky

From the sky, from the sky

See the rain from fall the sky

Over “Child’s Name”

**Fill the Can Up (Tune: Frere Jacques)**

Fill the can up, fill the can up

To the top, to the top

Splash it on your head now, splash it on your head now,

Every drop, every drop

**See My Feet Kick Up and Down (London Bridge is Falling Down)**

See my feet kick up and down

Up and down, up and down

See my feet kick up and down

See me splashing

See my hands go up and down

Up and down, up and down

See my hands go up and down

See me splashing

See my jumping up and down

Up and down, up and down

See my jumping up and down

See me splashing

See the bubbles from my mouth

From my mouth, from my mouth

See the bubbles from my mouth

In the water

**My Legs are Long and Straight (Tune: Knees up Mother Brown)**

My legs are long and straight

My legs are long and straight

Long and straight, long and straight

My legs are long and straight

My legs kick up and down

My legs kick up and down

Up and down, up and down

My legs kick up and down

My legs go splash splash splash

My legs go splash splash splash

Splash splash splash, splash splash splash

My legs go splash splash splash

**Minnie Mouse**

Minnie Mouse, Minnie Mouse touch your toes

Minnie Mouse, Minnie Mouse touch your nose

Minnie Mouse, Minnie Mouse stretch up high

Minnie Mouse, Minnie Mouse now let’s fly

**The Big Red Bus**

A big red bus, a big red bus

A tiny little Mini and a big red bus

A big red bus, a big red bus

A tiny little Mini and a big red bus

Ferrari, Ferrari

A tiny little Mini and a big red bus

Ferrari, Ferrari

A tiny little Mini and a big red bus

A jumbo jet, a jumbo jet

A little helicopter and a jumbo jet

A jumbo jet, a jumbo jet

A little helicopter and a jumbo jet

A rocket, a rocket

A little helicopter and a jumbo jet

A rocket, a rocket

A little helicopter and a jumbo jet