

Going for a Dip

Learning values

- Exploring community activities
- Learning about health and fitness
- Discussing safety, specifically at swimming pools

Recommended materials

- 9389 Community Starter Set

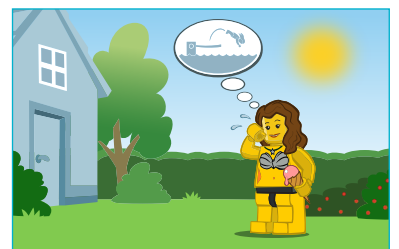
Vocabulary

Encourage the use of these words during the activity:

- Swimming pool
- Swimming
- Diving board
- Community centre
- Safety
- Health
- Fitness
- Exercise
- Leisure

Connect

It is one of the hottest days of the summer and Alexis wants to cool down! She tried eating some ice cream but that only helped for a little while and it wasn't very healthy either! Alexis wants a way to cool down that will also be good exercise. She decides to go for a swim. But where can she go swimming? Alexis remembers that the town had a plan to build a pool in the nearby community centre. Alexis decides to go see if it is finished!



Use the illustration to support the Connect story

Construct

- Design and make a swimming pool for Alexis and her neighbours to enjoy.



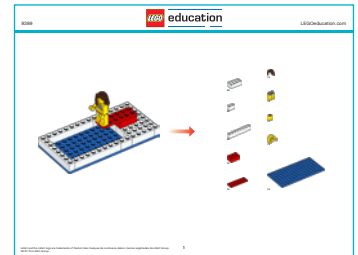
Suggested model solution

Contemplate

- As the children are building, discuss the reasons people might want a swimming pool in their community. List some of the benefits like getting exercise, socializing, etc.
- Discuss different kinds of pool activities such as diving and swimming laps. How do these activities help people stay healthy? Are there any other activities or sports that can be played in a pool?
- Consider the safety concerns of a swimming pool. What safety guidelines need to be posted to help everyone have a fun, safe time at the pool? Children may consider creating rules such as no running, no jumping in the deep end, etc.

Continue

- Often pools have chairs for people to sit in and relax or even tables for reading and eating. Create and build an area around the pool for leisure and rest. Remember to include a place for people to sit.
- Community centres often have pools, but they also often provide other activities. Create and build another activity that may be found in a community centre such as a game room or a playground.



For complete building instructions visit www.LEGOeducation.com

Check for evidence of learning

Have the children:

- Name or demonstrate one or more uses for a swimming pool in the community.
- Describe or show one or more healthy activities related to a swimming pool.
- Explain or demonstrate one or more safety concerns related to swimming pools and a possible solution.



