Come Swim with Me: Under the Sea

Ages 2 - 5 | 15 minutes

Lesson overview

Dive into an underwater adventure with friendly ocean animals! Children can swish like fish, glide like turtles, wiggle like octopuses, click their claws like crabs and jump like dolphins. Through music, movement and playful exploration, they discover different sea creatures while practising listening, coordination and early counting. A themed printable activity reinforces their learning.

Learning objectives

- Recognise and name familiar ocean animals
- Associate different sea creatures with their movements and characteristics
- Develop gross motor coordination by copying swimming, wiggling, stretching and jumping actions
- Practise listening and following simple movement instructions
- Count ocean animals with support and develop early number recognition
- Develop observation, matching and pattern-recognition skills through a selected activity

Learning themes

Animals, Under the sea, Imaginative play, Movement

Resources and materials

- Screen or device to play the Come Swim with Me video
- Come Swim with Me activity pack PDF
- Pencils or crayons
- Clear, safe space for movement

Lesson sequence

1. Dive into the ocean (2 minutes)

Introduce the underwater adventure. Ask children which sea creatures they know and invite them to pretend to put on goggles before swimming beneath the waves. Encourage children to share animal names, sounds or movements.

2. Swim with the ocean friends (5 minutes)

Play the Come Swim with Me video. Invite children to swish their arms like fish, glide slowly like turtles, wiggle their arms like an octopus, raise their claws like a crab, flick their tails like whales and jump like dolphins. Stretch out like a starfish and sway gently like a seahorse. Adapt movements to each child's abilities and available space.

3. Choose an ocean activity (6 minutes)

Choose one activity from the printable pack. Children might find and count ocean friends, count starfish, match sea creatures, continue an animal pattern, trace a wave, complete the dolphin maze or draw their favourite ocean animal. Encourage younger children to point to and name creatures or count together with an adult rather than requiring independent writing.

4. Wave goodbye to the ocean (2 minutes)

Recall the sea creatures from the song and invite children to demonstrate one favourite movement. Ask them to name an ocean friend or count a small group of sea animals. Finish by pretending to swim back to shore and

waving goodbye to the ocean friends.

Questions and discussion

- Which sea creatures did we meet in the song?
- How does a fish move through the water?
- How many arms does the octopus have in the song?
- Can you stretch like a starfish or jump like a dolphin?
- Can you find and count the sea creatures in your activity?
- Which ocean animal would you most like to meet, and why?

Lesson recap

Children have explored ocean animals through song, imaginative movement and observation. They have practised coordination, listening and animal recognition, with a chosen printable activity providing additional practice in counting, matching, patterns or fine motor skills.

Song and printable resources

Watch the song video:
https://youtu.be/HIjohSrXwks

Download the activity pack:
https://snappysingalong.com/downloads/snappy-singalong-activity-pack-come-swim-with-me.pdf

Teacher notes and observations

What went well? What did the children enjoy? What would you adapt next time?