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Grade Level	4th-5th
Content Area	Science
Topic/unit/core selection	Physical Education - Swimming
Chant Title and Author	Swimming Song by: Ashley Sandoval

Some days, I just for-get, how to swim saf-e-ly,
In the pool and it's all fright-ening.
I need my fears, a-way,
I can be so rea-dy and strong,
Swimming is such a great escape.

Head in first, then I, move my arms forward.
This is the free style stroke made for ----- me!
One arm in, then you, switch to the oth-er,
I can't forget to breath, after 3 strokes, eve-ry time.

Just keep swimmin' and swimmin' and swimmin' and swimmin',
I know I gotta keep, keep on breathin'.
Just keep swimmin' and swimmin' and swimmin' and swimmin',
I know I gotta keep, keep on breathin'.

Some – times, its hard to kick,
kick with both legs so I don't stop.
Keep them moving, they need to last.
Legs move, one at a time, your legs under the water now,
all you need is to close your eyes.

Head in first, then I, move my arms forward.
This is the free style stroke made for ----- me!
One arm in, then you, switch to the oth-er,
I can't forget to breath, after 3 strokes, eve-ry time.

Just keep swimmin' and swimmin' and swimmin' and swimmin',
I know I gotta keep, keep on breathin'.
Just keep swimmin' and swimmin' and swimmin' and swimmin',
I know I gotta keep, keep on breathin'.

Additional instructions/melody/tempo etc.

This is a physical education chant for teaching swimming or reviewing swimming. The melody/tempo is fast and aligned with Ariana Grande's: Breathin'.