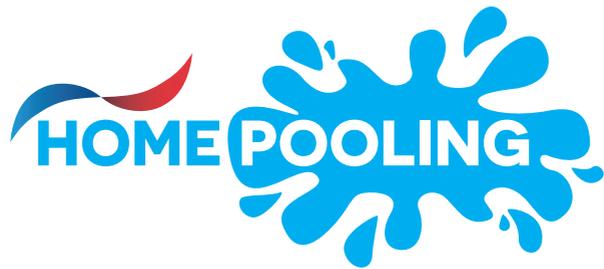


HOME POOLING

LESSON TWO

ART





WELCOME TO THE SECOND LESSON OF OUR HOME POOLING CLASSES

Welcome to the second of our new Home Pooling challenges. Each week, we will be releasing two challenges across a variety of subjects for parents and carers to work through with their children at home – with a British Swimming twist to each one.

Once your child or children have completed the relevant tasks, submit their work over social media by tagging @BritishSwimming using the hashtag #HomePooling – and one lucky entrant from each task will receive a personalised video message from one of our swimming, para-swimming or diving stars.

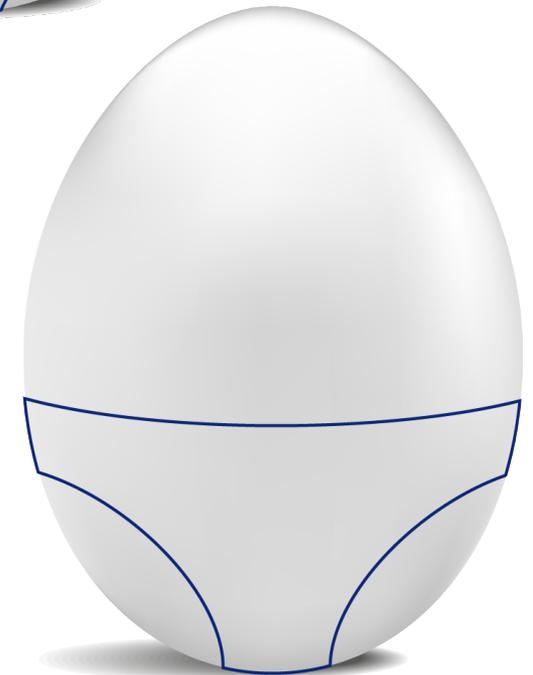
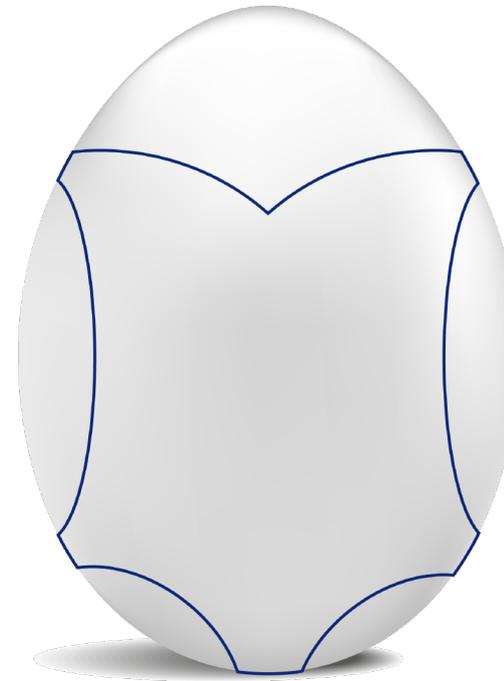
Good luck and have fun!

TASK ONE – DESIGN YOUR OWN SWIMSUIT OR SWIMMING TRUNKS

Fancy getting creative over the Easter weekend? Using our Easter egg templates, we want you to design your own swimsuit or pair of swimming trunks.



Do you love the red, white and blue trunks worn by Tom Daley at London 2012, or the multi-coloured swimsuit Grace Reid had at this year's British Diving Championships? You can recreate a former favourite, or feel free to get as creative, colourful and experimental as you like, with coloured pens, pencils, paints or any art equipment you have at home!



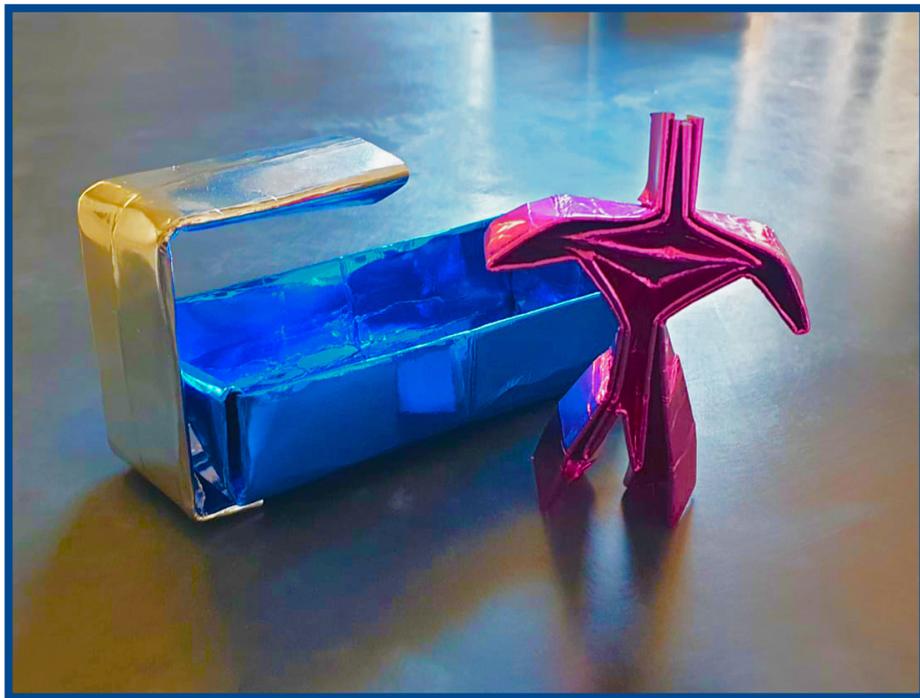
TASK TWO – BUILD YOUR OWN MINI DIVING BOARD

Ever wondered what it's like to dive off a board into the pool below, like top divers such as Jack Laugher and Lois Toulson? Now you can recreate the thrilling sport at home with your own mini British Swimming diving scene. Using the template provided and following the instructions, you could be staging your own diving championships in no time -there's also a [video tutorial](#) on the British Swimming YouTube Channel.



For this task you will need:

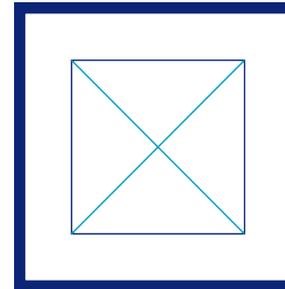
- Three squares of paper (one twice the size of the other two)
- A pen or pencil



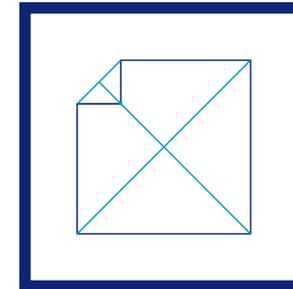
Remember to submit pictures of your swimming trunks, swimsuits or diving board by social media, using the hashtag #HomePooling, so we can see all of your brilliant artistic work!

Swimming Pool

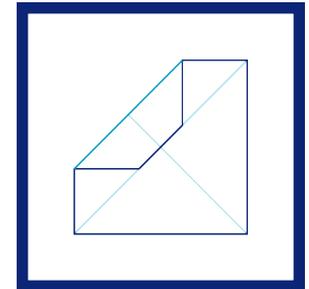
Here's how to make an origami swimming pool, there's also a printable template at the end of the lesson



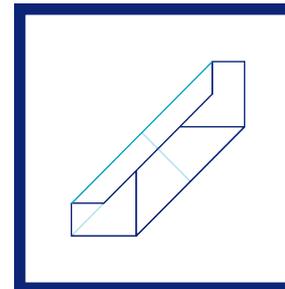
Fold the paper in half diagonally (1), open out and do the same on the opposite diagonal (2).



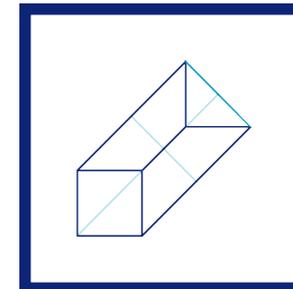
Fold the top left corner into the centre, and pinch the middle to make a mark (this mark has been made for you on the template) then fold the corner to that mark (3).



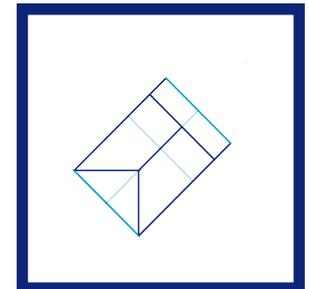
Fold the straight edge you have just created into the middle (4), then repeat folds 3 and 4 on the bottom right corner (5) (6).



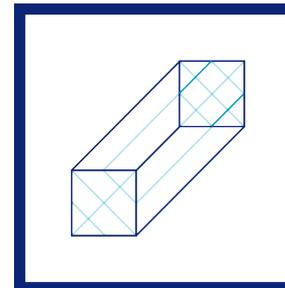
Fold the straight edge you created in fold 4 into the middle (7), repeat for edge from fold 6 (8), then unfold folds 7 and 8.



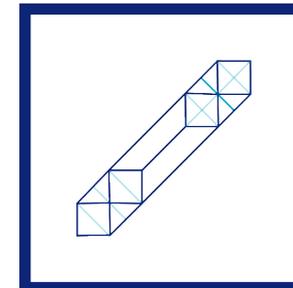
In the top right you should see a square, fold that square in half so the top right corner meet the bottom left corner of that square (9), and repeat for the square in the bottom left (10).



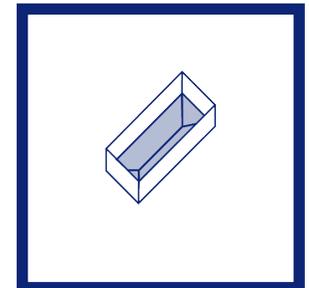
Fold the straight edge you created in fold 9 to meet the point you used in that fold (11) and repeat for the straight edge created in fold 10 (12).



Look back at the square in the top left and fold the top left and bottom right corners to meet in the centre (13) (14) and repeat for the bottom right square (15) (16).



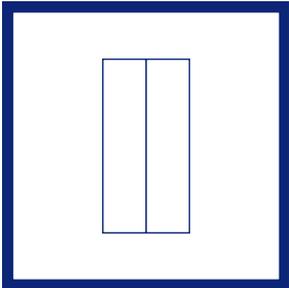
You should now have two square in the top left, fold so the top square lines up with the bottom square (17) forming the top edges of the pool and repeat for the bottom right (18).



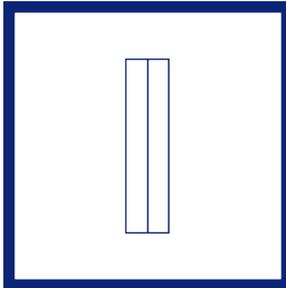
Squeeze all the folds and edges so they are tight and you should have a swimming pool!

Diving Board

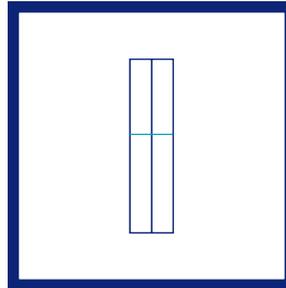
Here's how to make an origami diving board, there's also a printable template at the end of the lesson



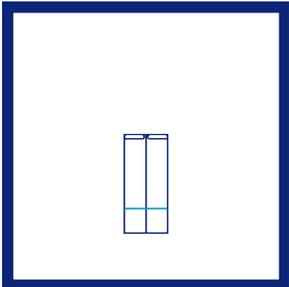
Fold the paper in half vertically to mark a line in the middle (this line has been made for you on the template), then fold the left (1) and right (2) edges to the middle to meet the line.



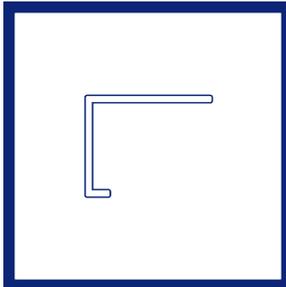
Fold the left and right edges in again so folds 1 and 2 also meet in the middle (3) (4).



About a fingers width from the centre, fold horizontally (5) (this position has been marked for you on the template).



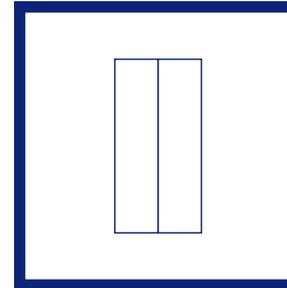
Around two fingers width from the bottom fold horizontally again (6) this time letting the bottom spray out to form a stable base.



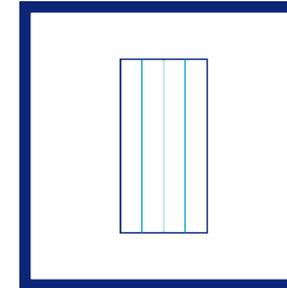
Squeeze all the folds and edges so they are tight and you should have a diving board!

Diver

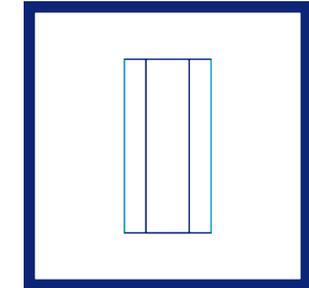
Here's how to make an origami diver, there's also a printable template at the end of the lesson



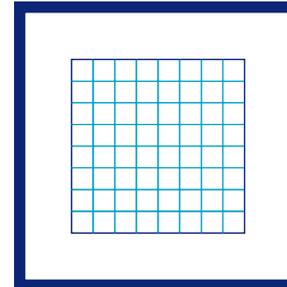
Fold the paper in half vertically (1) to mark a line in the middle, then fold the left (2) and right (3) edges to the middle to meet the line.



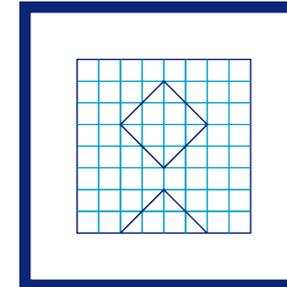
Fold the left and right edges back out on themselves (4) (5), then fold the paper over.



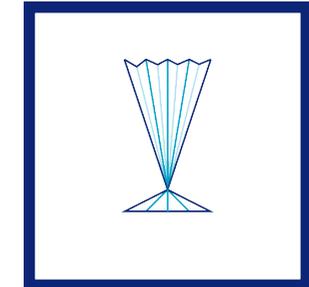
Again, fold the left and right edges into the centre (6) (7) and open out all folds. Turn the paper 90 degrees and repeat folds 1 to 7.



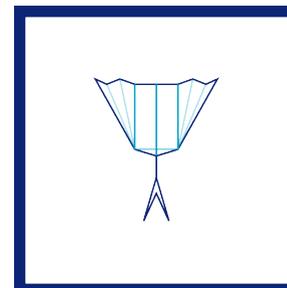
Open the paper out completely and you should have created a 8 x 8 grid with the middle creases folding inwards.



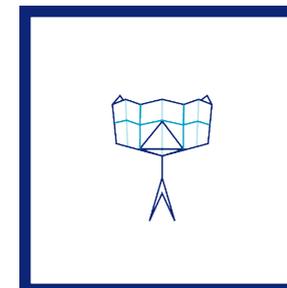
Using the grid as a guide, draw the above lines (these have been drawn for you on the template), then fold so there is a crease on each line.



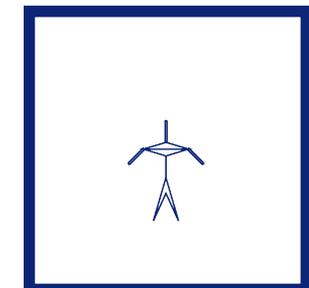
Concertina the paper together and hold in the middle, then spread the bottom out and push in the middle at the back then the front to create your legs and hold just above these.



Push from the back the first crease above your fingers. Fold backwards on that crease, forwards on the next then back again so you have two rows of squares left.



On the crease between the second and third square on each side and at the second crease down, push backwards so the paper folds in on itself to create the arms.



Finally push the bottom two squares together to create the head, squeeze all the folds and edges so they are tight and you should have a diver.