

BALANCING ACT TEAM GAME

ACTIVITY

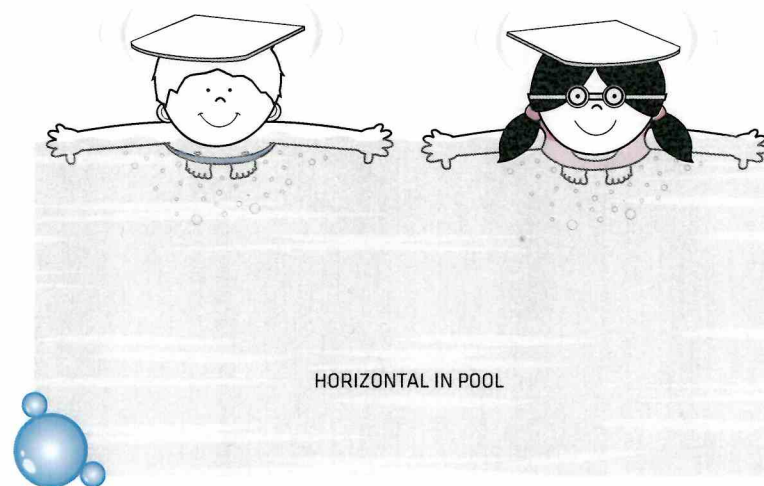
- In teams - A relay race with float balanced on the swimmers heads.
- Gently push off side into synchro breaststroke or front crawl.

ADDITIONAL CHALLENGES

- More floats can be added.

TEACHING POINTS

- Controlled strokes, head above water on breaststroke and front crawl.



NB: These illustrations are activity guides only and should not be used as technical teaching aids. A training course should be attended before delivering any of the activities.



5-10 MINUTES

LEVEL OF SWIMMER

- Confident in deep water.

EQUIPMENT/POOL SPACE

- Floats.

SCORING SYSTEM

- First team to finish.
- Penalties may be awarded for float falling off head.



RESOURCES
FOR MORE INFO

Learn to Swim Programmes
National Plan for Teaching Swimming
TOPS Swim Cards
Aquafun

AQUA
SPLASH
CENTRE

SYNCHRO STROKES SYNCHRONISED

ACTIVITY

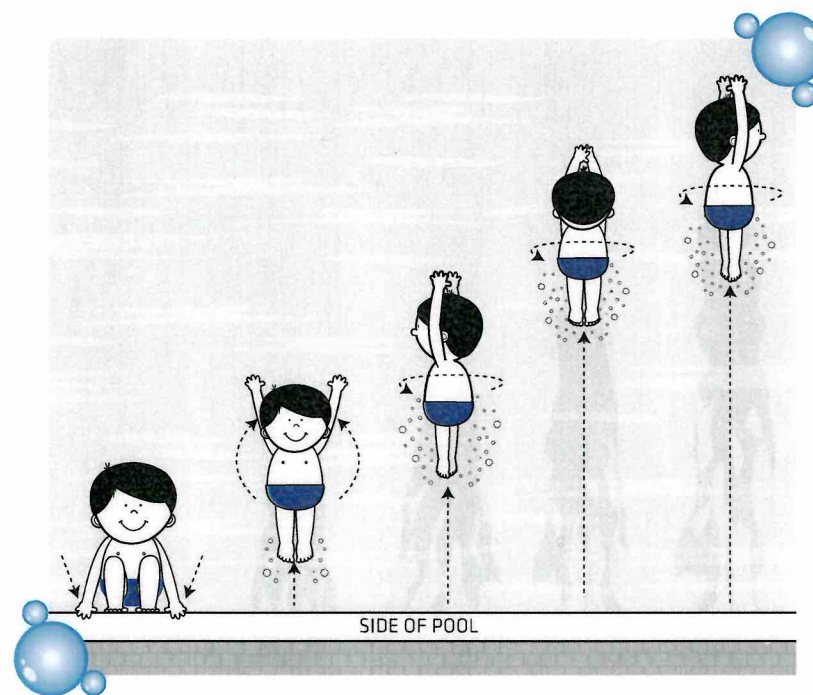
- In pairs - Push and glide on back into synchro backstroke, rolling every 4 arm cycles into synchro breaststroke or front crawl and back again, remaining synchronised with partner.

ADDITIONAL CHALLENGES

- Add more swimmers.

TEACHING POINTS

- Partners counting aloud to perfect synchronisation.



5-10 MINUTES

LEVEL OF SWIMMER

- Confident in deep water.

EQUIPMENT/POOL SPACE

- Floats.

SCORING SYSTEM

- Points awarded for synchronisation marks from 1-10 (10 being the best).



RESOURCES
FOR MORE INFO

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Aquafun

AQUA
SPLASH
10-11-12

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TUG OF WAR SCULLING GAME

ACTIVITY

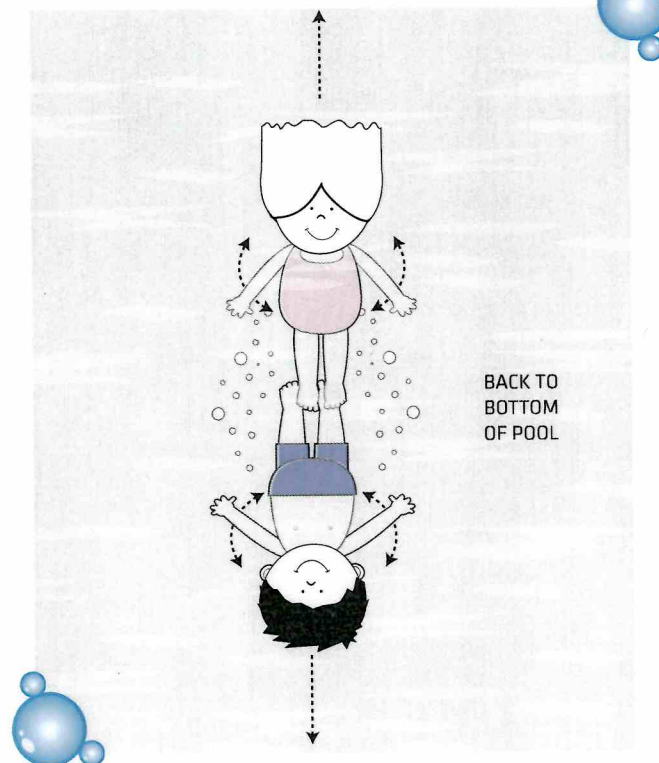
- In pairs or teams – Partners lay on back, feet to feet, interlink feet and squeeze together, both skull in the same direction either both head first or feet first.
- The first one to reach the teachers point is the winner.

ADDITIONAL CHALLENGES

- Add more swimmers - they link onto head and shoulders with feet.

TEACHING POINTS

- Bodies should be as flat on surface as possible.
- Fingers tilted up towards surface to move head first, fingers tipped downwards to bottom of pool to move feet first.



5-10 MINUTES

LEVEL OF SWIMMER

- Confident in deep water.

EQUIPMENT/POOL SPACE

- No equipment required.

SCORING SYSTEM

- First swimmer to reach teacher's mark is the winner.



RESOURCES FOR MORE INFO

Learn to Swim Programmes
National Plan for Teaching Swimming
TOPS Swim Cards
Aquafun



SYNCHRO FIGURES SYNCHRONISED



5-10 MINUTES

LEVEL OF SWIMMER

- Confident in deep water.

EQUIPMENT/POOL SPACE

- No equipment required.

SCORING SYSTEM

- Points awarded for synchronisation marks from 1-10 (10 being the best).
- Additional marks for accuracy of movements.

ACTIVITY

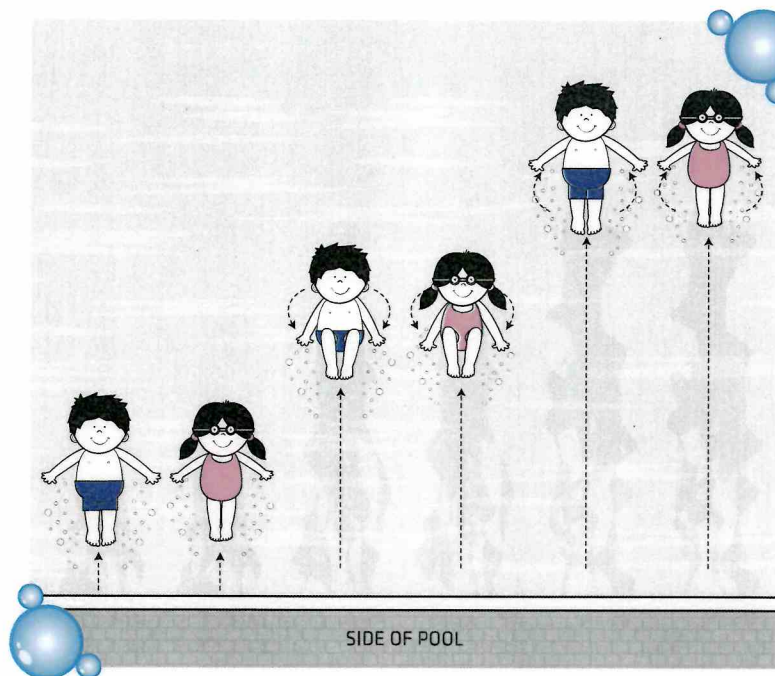
- With a partner - From back layout scull head first 3 metres and perform the figure tub, stretch back into back layout and scull another metre head first.
- With a partner - From back layout scull head first 3 metres and perform a back tuck somersault, stretch back into back layout and scull feet first for another metre.

ADDITIONAL CHALLENGES

- Add more swimmers.

TEACHING POINTS

- Hips up in back layout.
- Controlled figures.



RESOURCES
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Aquafun



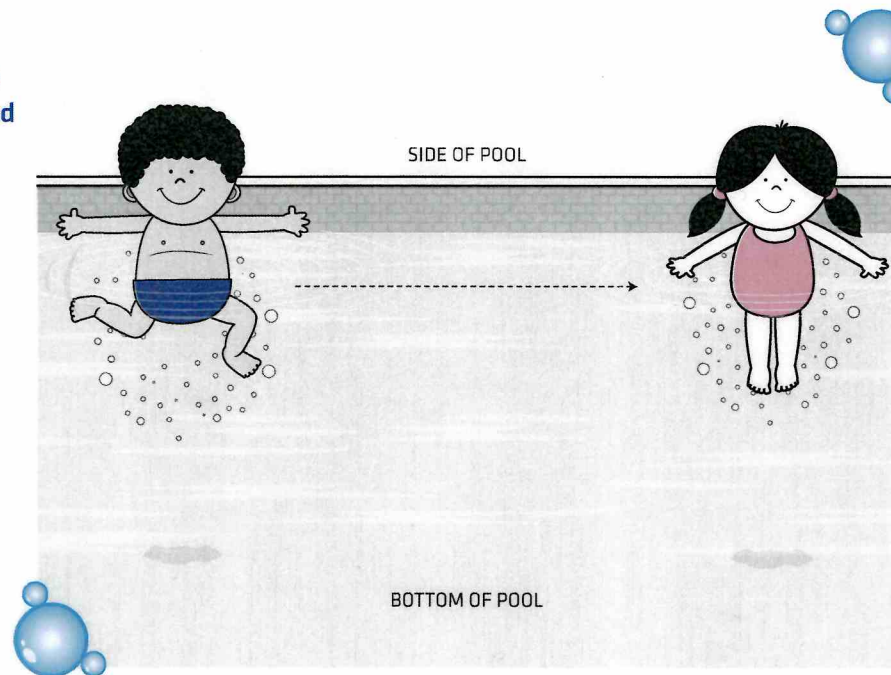
EGGBEATER CHALLENGE TEAM GAME

ACTIVITY

- Team relay - team member one travels in eggbeater sideways up the pool to collect a partner, they link and travel back down, where they link with the third team member etc.
- Teams no larger than 4 swimmers.
- May travel sideways, forwards or backwards and link by holding hands, shoulders or holding a woggle/float between them.

TEACHING POINTS

- Legs bent at 90 degrees, lower legs moving alternately in circular movements.



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5 MINUTES

LEVEL OF SWIMMER

- Confident in deep water.

EQUIPMENT/POOL SPACE

- Woggle, float if needed.
- Distance no more than 5 metres.

SCORING SYSTEM

- Team who passes finishing line first with all team members linked.



RESOURCES
FOR MORE INFO

Learn to Swim Programmes
National Plan for Teaching Swimming
TOPS Swim Cards
AquaFun

AQUA
SPLASH
POSTING

CHANGING TEAM PATTERNS PATTERN GAME



3 MINUTES

LEVEL OF SWIMMER

- Confident in deep water.

EQUIPMENT/POOL SPACE

- Woggles.

SCORING SYSTEM

- Points awarded per pattern.

ACTIVITY

- Teams – Standing in shallow water make as many different patterns as possible e.g. straight lines, (vertically, horizontally, diagonally), layout of a dice, circles, zigzags.
- Woggles may be used to highlight shapes.
- Lines of the patterns must be clear.
Example – 5 swimmers:

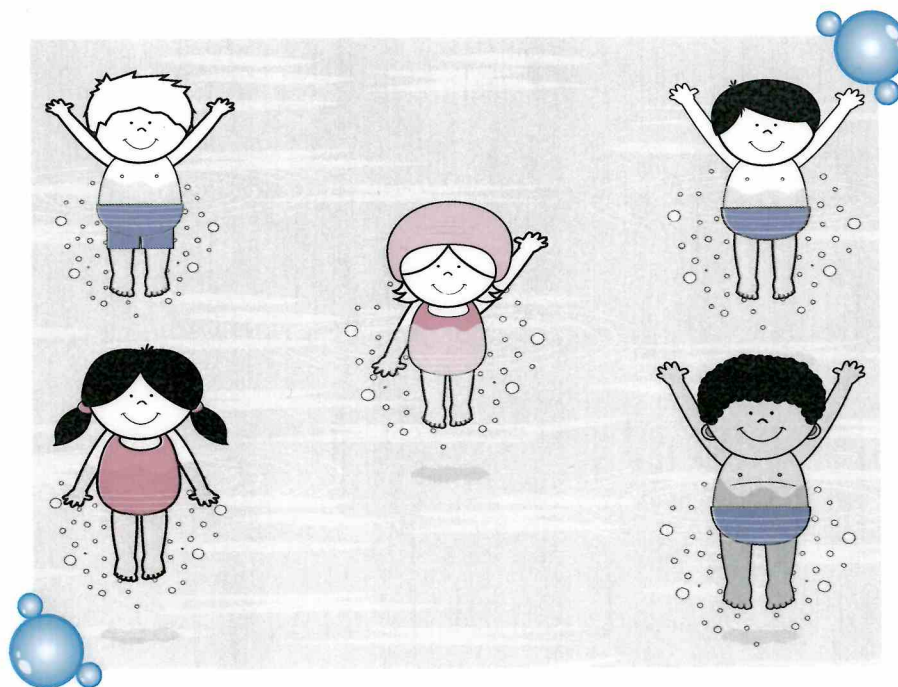
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X X
X X
X X
    
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XXXXX

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X
X
X
X
X
    
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RESOURCES
FOR MORE INFO

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National Plan for Teaching Swimming
TOPS Swim Cards
Aquafun



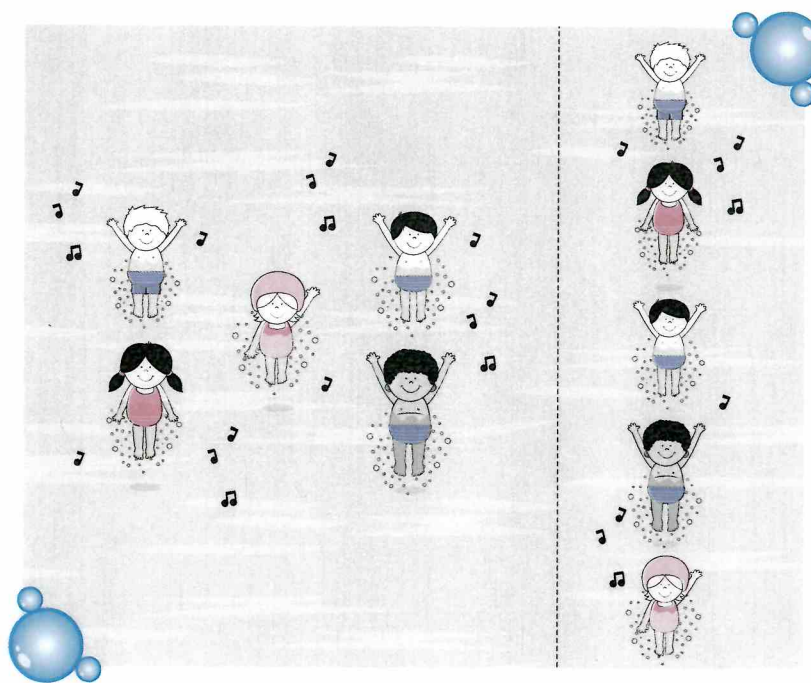
ROUTINE LINKING ACTIVITIES TO MUSIC

ACTIVITY

- In pairs or groups between 3-8.
- Swimmers to link activities to music for 1 minute.
- Swimmers have time to practice and then display to other group members.
- Swimmers are encouraged to start from the pool deck and perform: 3 pattern changes, 2 strokes, 2 figures, linked with sculling and travelling eggbeater.

ADDITIONAL CHALLENGES

- Change the routine guidelines to suit the level of swimmers.



SYNCHRO ACTIVITY 7



10 MINUTES

EQUIPMENT/POOL SPACE

- Minimum water depth 1.8m for step entry.
- Must be performed to music.
- Woggles, floats, pull buoys, bottles, hoops/sinkers, music system.

SCORING SYSTEM

- Points award from 1 - 10 (10 being the best score).



RESOURCES
FOR MORE INFO

Learn to Swim Programmes
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Aquafun



TREASURE HUNT TEAM GAME



5-10 MINUTES

LEVEL OF SWIMMER

- Confident in deep water and swimming underwater.

EQUIPMENT/POOL SPACE

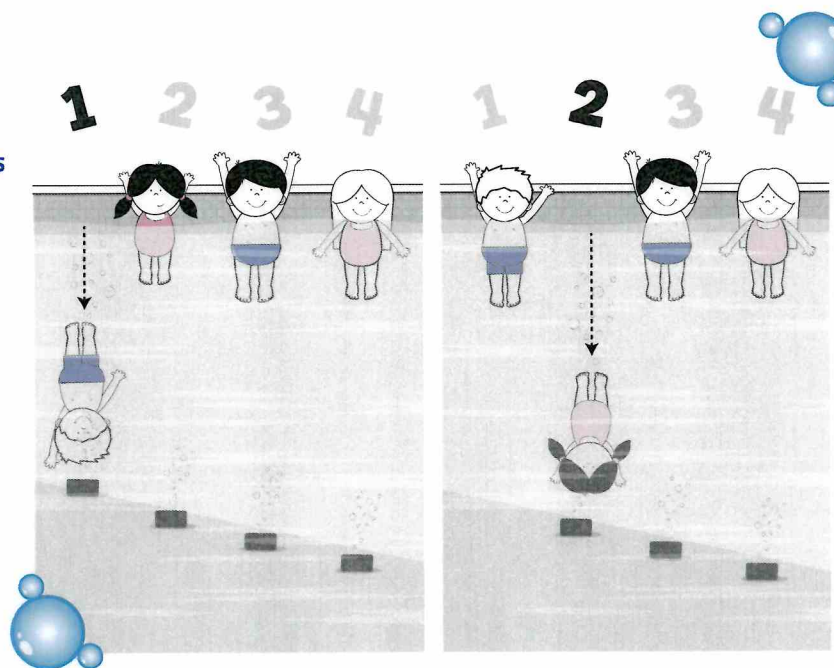
- Sinkers - diving sticks, hoops.

SCORING SYSTEM

- First team to complete the Treasure Hunt.
- Penalties can be awarded for additional breaths taken.

ACTIVITY

- In teams of 4 - scatter 4 sinkers in a line up the pool (up to approx 10m).
- Team member one swims under water to fetch the first and nearest sinker and swims back along the surface to team members.
- When the first team member returns the second team member swims under water to fetch the second sinker and swim back and so on.
- Strongest swimmer to swim the furthest underwater.



ADDITIONAL CHALLENGES

- Spread the sinkers, covering a longer distance underwater.



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TOPS Swim Cards
Aquafun

