

# HEADS UP RELAY FUN RACE



5-10 MINUTES

## LEVEL OF SWIMMER

- Non-Player – any level.

## EQUIPMENT/POOL SPACE

- One ball per team.

## SCORING SYSTEM

- The first team to complete the activity scores one point.

## ACTIVITY

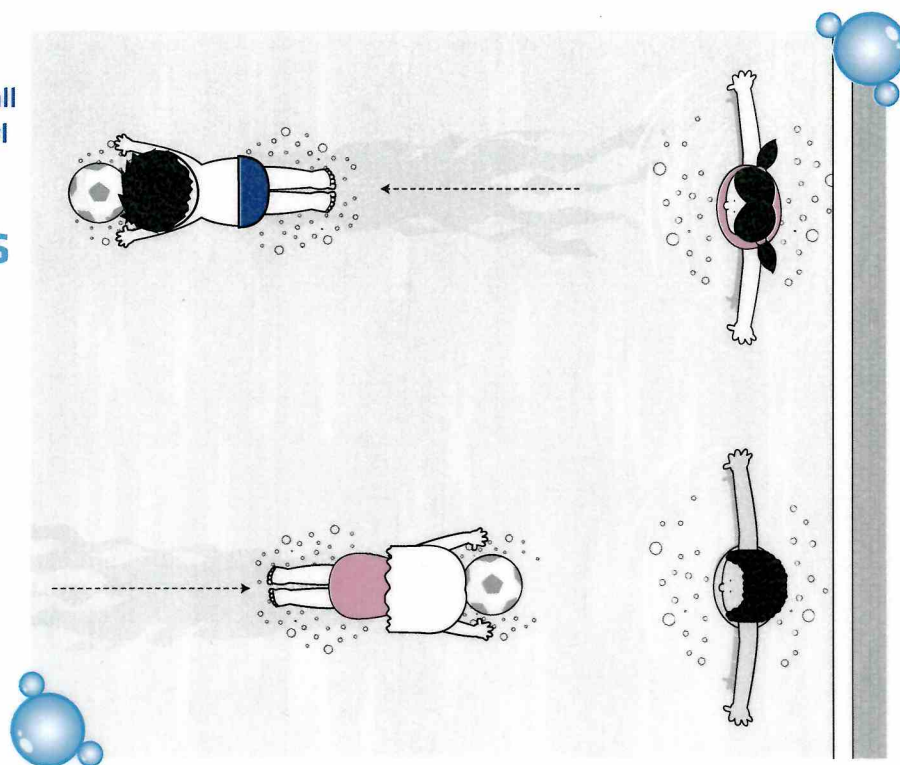
- Each team goes as a relay.
- Each member swims or walks with a ball the length of the pool using Front Crawl arms, keeping the ball under control.

## ADDITIONAL CHALLENGES

- Swimming Front Crawl/Backstroke holding ball between knees.
- Swim relay using breaststroke.

## TEACHING POINTS

- If walking, lean forward keeping shoulders at water level.
- Push ball with nose, eyes looking over the top of the ball.
- High elbow recovery to keep the ball in front of face.



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



RESOURCES  
FOR MORE INFO

Learn to Swim Programmes  
National Plan for Teaching Swimming  
TOPS Swim Cards  
mini-polo!



# FOOTY RELAY FUN RACE

## ACTIVITY

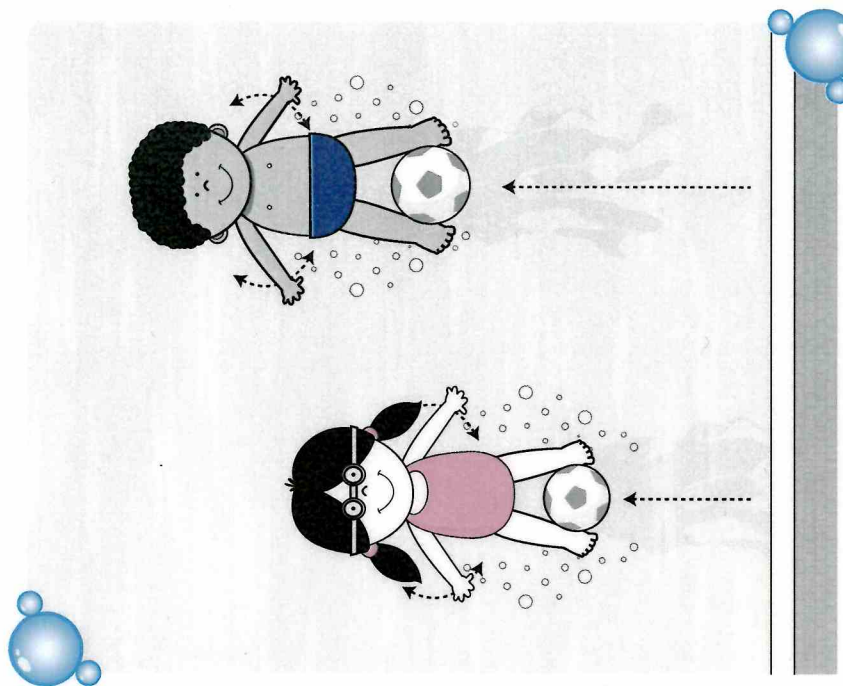
- Each team goes as a relay.
- Each member controls a ball the length of the pool using toes, whilst on back, sculling head first.
- Can be done as a timed race.

## ADDITIONAL CHALLENGES

- A few goes at simple sculling.
- Can also be attempted sculling feet first.

## TEACHING POINTS

- Before trying in the water, practice hand movements on the poolside.
- Hold the ball between the ankles so it doesn't float away.



5-10 MINUTES

## LEVEL OF SWIMMER

- Can be adapted to suit all levels and abilities.
- Ages 7-11 yrs.

## EQUIPMENT/POOL SPACE

- One ball per team.

## SCORING SYSTEM

- The first team to complete the activity scores one point.



RESOURCES  
FOR MORE INFO

Learn to Swim Programmes

National Plan for Teaching Swimming

TOPS Swim Cards

mini-polo!



# FUN PUSH OF WAR KICKING CHALLENGE

## ACTIVITY

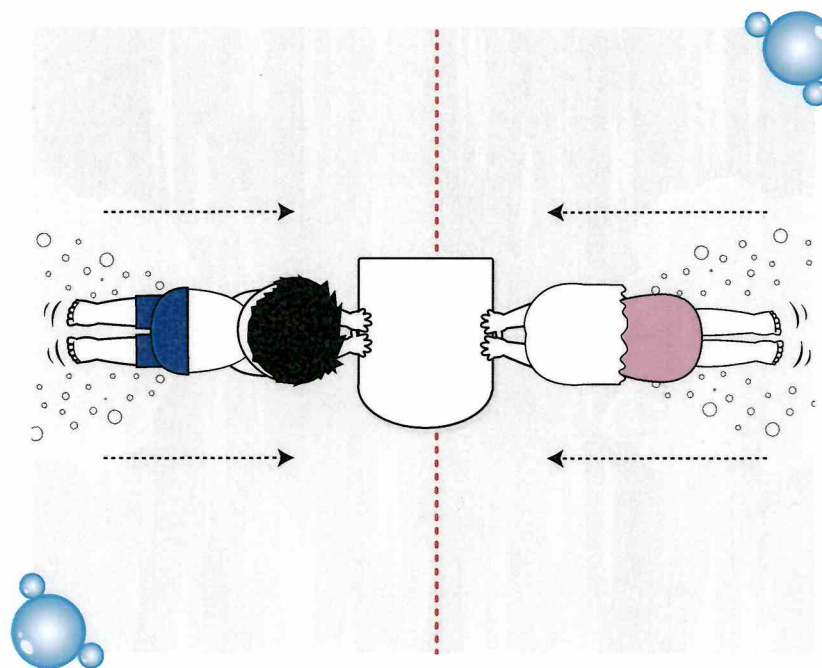
- Players are divided into pairs.
- Both players face each other and hold a float.
- Object is to push the other player off the start position using legs only.

## ADDITIONAL CHALLENGES

- Teacher can do “swim offs” to find overall winner.
- Teacher decides how long the exercise lasts, 5-15 seconds.
- Using Front Crawl legs or Breaststroke or eggbeater.
- Partners place hands on each others shoulders instead of using float.

## TEACHING POINTS

- Show good leg kick and strong body position.



5-10 MINUTES

## LEVEL OF SWIMMER

- Able to swim.
- Ages 7-11 yrs.

## EQUIPMENT/POOL SPACE

- Float or other appropriate equipment.

## SCORING SYSTEM

- Best of three, wins the challenge.



RESOURCES  
FOR MORE INFO

Learn to Swim Programmes

National Plan for Teaching Swimming

TOPS Swim Cards

mini-polo!



# FUN TUG OF WAR KICKING CHALLENGE

## ACTIVITY

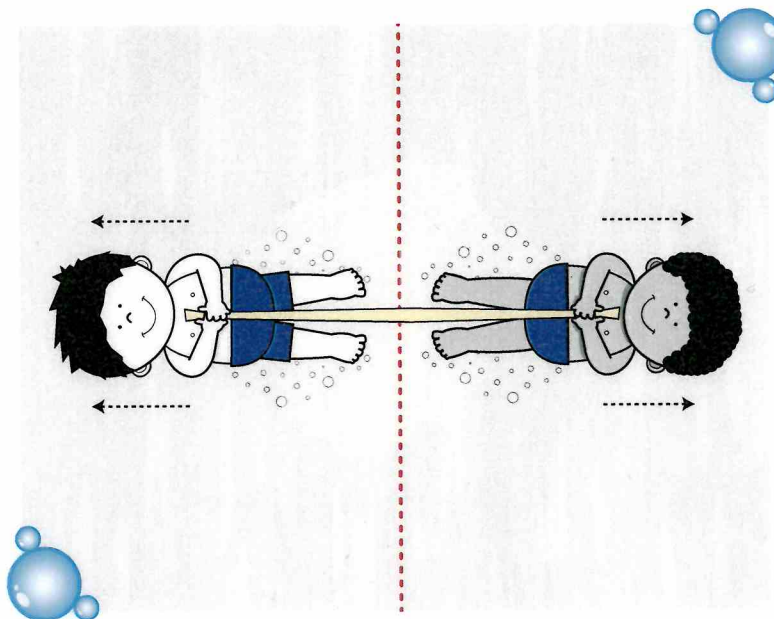
- Players are divided into pairs.
- Both players face each other and holding end of a woggle/noodle.
- Object is to pull the other player off the start position using legs only.

## ADDITIONAL CHALLENGES

- Teacher can do “swim offs” to find overall winner.
- Teacher decides how long the exercise lasts, 5-15 seconds.
- Using Backstroke legs, Breaststroke or eggbeater.

## TEACHING POINTS

- Show good leg kick.
- Lean backwards.
- Hold on tight.



NB: These illustrations are for 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

- Able to swim.
- Ages 7-11 yrs.

## EQUIPMENT/POOL SPACE

- Woggle/noodle or other appropriate equipment.

## SCORING SYSTEM

- Best of three, wins the challenge.



RESOURCES  
FOR MORE INFO

Learn to Swim Programmes  
National Plan for Teaching Swimming

TOPS Swim Cards

mini-polo!



# HIGH FIVE THROWING CHALLENGE

## ACTIVITY

- Players are each given a ball.
- Stand on pool bottom.
- Using two hands throw the ball as high as possible catching it on return - five attempts.
- Ball must be caught to score.

## ADDITIONAL CHALLENGES

- Using only one hand to throw the ball vertical catching with two.
- Treading water.

## TEACHING POINTS

- Push hands upwards.
- Catch ball and bring into chest.



5-10 MINUTES

## LEVEL OF SWIMMER

- Non-Player to any ability.
- Ages 7-11 yrs.

## EQUIPMENT/POOL SPACE

- Balls.
- Adequate roof space.

## SCORING SYSTEM

- Person who throws highest, catching the ball scores one point.



RESOURCES FOR MORE INFO

Learn to Swim Programmes  
National Plan for Teaching Swimming  
TOPS Swim Cards  
mini-polo!



# COCONUT SHY DEFENDING CHALLENGE

## ACTIVITY

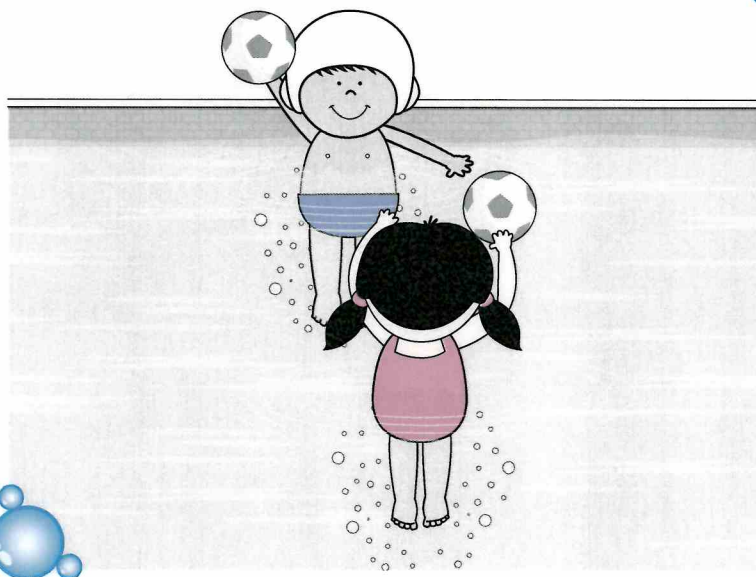
- Players are divided into pairs.
- Standing in shallow end.
- Both players face each other holding a ball high above the head in one hand.
- Ball must not get wet or rest on the water.
- Object is to knock the other players ball out of the hand using the free hand and at the same time, not dropping their own.

## ADDITIONAL CHALLENGES

- Use other hand to hold ball.
- All group - in a small space, every player for themselves, last one holding ball in one hand wins.
- Tread water.

## TEACHING POINTS

- Protect the ball.



5-10 MINUTES

## LEVEL OF SWIMMER

- Non-Player – any level.
- Ages 7-11 yrs.

## EQUIPMENT/POOL SPACE

- Ball.

## SCORING SYSTEM

- Best of three, wins the challenge.



RESOURCES  
FOR MORE INFO

Learn to Swim Programmes  
National Plan for Teaching Swimming  
TOPS Swim Cards  
mini-polo!



# TEN PIN SHOOTING GAME



5-10 MINUTES

## LEVEL OF SWIMMER

- Non-Player – any level.
- Ages 7-11 yrs.

## EQUIPMENT/POOL SPACE

- One ball per team.
- Float or other appropriate equipment.

## SCORING SYSTEM

- Fastest team to complete task scores one point.

## ACTIVITY

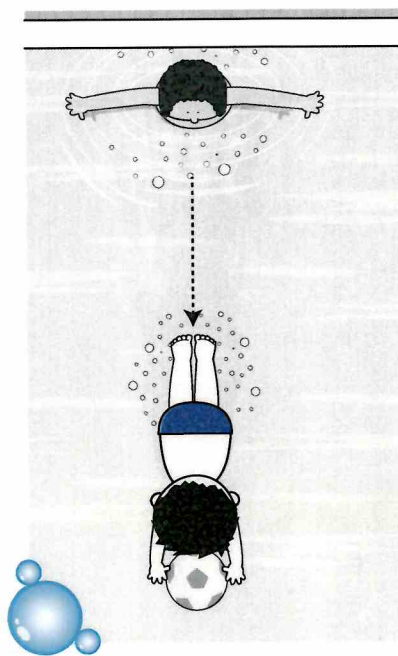
- Each team goes as a relay.
- Swim or walk with a ball using Front Crawl arm action to reach shooting point, throw ball using one hand to hit target, recover ball and return to start.

## ADDITIONAL CHALLENGES\*

- Increase distance to shoot at target.
- Use weaker hand.

## TEACHING POINTS

- Throwing arm elbow above ear, hand above head.



RESOURCES FOR MORE INFO

Learn to Swim Programmes  
National Plan for Teaching Swimming  
TOPS Swim Cards  
mini-polo!



# WATER POLO SKILLS GAME

## ACTIVITY

- Up to 12 in a squad. A minimum of 5 and up to 7 players in the water at any one time.
- No specific goal keeper, any player can defend goal.
- Substitution allowed by swimming to the corner where team is and climbing out onto pool side.
- Players must exit water before another is allowed to enter.
- Slide entry into pool.
- After a goal is scored, ball starts with goalkeeper.
- Referee to signal foul with whistle and hand signal in the direction of the attacking team.
- Players are allowed to stand up but must not jump off pool floor.
- Contact with other players is not allowed at any time.

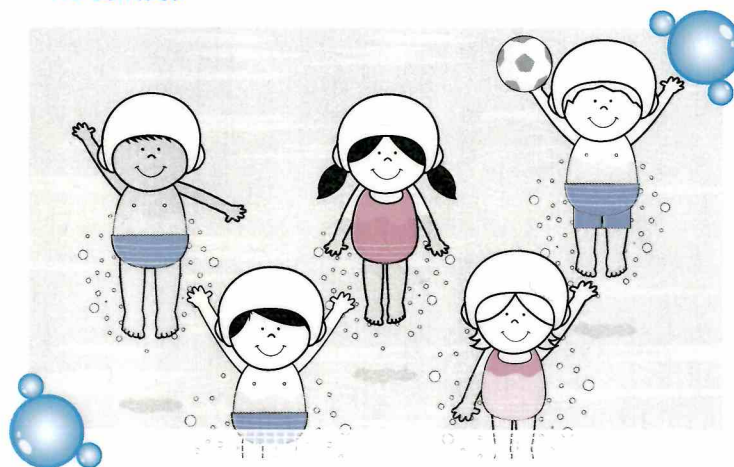
## ADDITIONAL CHALLENGES

- Using woggle for support in deep water.
- Basic game in deep water, no aids.

- Catch with 2 hands, pass with one hand.
- Catching the ball and passing with one hand only.

## TEACHING POINTS

- Find a space.
- Watch the ball.
- No contact.



**NB:** These illustrations are for 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.
- 7-9 yrs - maximum 10 minutes.
- 9-11 yrs - maximum 20 minutes.

## EQUIPMENT/POOL SPACE

- Ball, hats, goals or appropriate markers, whistle.
- Shallow – standing depth/deep water dependent on ability.

## SCORING SYSTEM

- Points scored per goal scored.



RESOURCES  
FOR MORE INFO

Learn to Swim Programmes  
National Plan for Teaching Swimming

TOPS Swim Cards

mini-polo!

