

AQUATICS – BLOWTASTIC

Quick introduction

A great challenge for developing aquatic breathing, travel and coordination.

Getting started

- Select teams of four.
- Have a fun warm-up.
- Get young leaders to explain the activities.
- Pupils should practise blowing the egg flip as part of a warm-up.
- Pupils can walk to start but should be encouraged to travel across the width.
- The event can be scored by the winning team touching first or the average number of times the egg flip turns.
- Arrange pupils in teams and encourage cheering.

Health and safety

- Refer to the operating procedures of the pool.
- Ensure that pupils are comfortable in the depth of water.
- Maintain control of activities at all times.
- Keep pupils safe when getting in and out of the pool and whilst moving around the pool surround.



Equipment

- Egg flips.

Physical ME

- Blow egg flip with chin on the top of the water.
- Kick with long legs.

Social ME

Leading and volunteering

- Leaders could:
 - > collect and collate the results;
 - > encourage the pupils;
 - > score the events.

Think inclusively STEP

Space: Reduce the distance to be covered for some pupils.

Task: For some pupils, this activity can begin 'on the spot' without travelling; count the number of successful flips in a given time.

In pairs, two pupils can practise by playing 'blow football' using an egg flip.

Equipment: If egg flips are not available, use alternatives; for example, table tennis balls, partially inflated balloons.

People: Some pupils may need support in the water or use floatation equipment to enable them to focus on blowing the egg flip.

Thinking ME

- How can I:
 - > Blow the egg flip while walking?
 - > Blow the egg flip while swimming?
 - > Blow the egg flip to make it flip over continuously?

Tactical ME

- How can I watch the others while still focusing on my egg flip?



Sporting ME Spirit of the Games

Excellence through competition



Determination: I work really hard to breathe out in the water and keep my body moving.

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AQUATICS - TREASURE HUNT

Quick introduction

This treasure hunt challenge involves pupils retrieving objects from the surface and from the bottom of the pool.

Getting started

- Set up an area where the pupils will place their equipment once collected.
- One pupil from each team to swim at any one time.
- Communicate to all pupils the aim of the challenge.
- All pupils to start in the water holding onto the side.
- Once a pupil has an object they need to return it to an allocated place on poolside.
- They should high five their team member for the takeover.
- Encourage cheering from team members.

Health and safety

- Once pupils have had their go they should climb safely out of the pool.
- The activity should be supervised at all times.
- The number of pupils collecting objects should vary depending on the size of the pool area being used - ensure there are not too many swimming at any one time.

Equipment

- Aim for an equal amount of sinking and floating equipment.



Physical ME

- With the arms straight and together and the head held between the arms, push towards the bottom of the pool to collect sinking objects.
- When swimming, pupils should focus on pulling through the water with their hands. Pupils can choose any stroke on their front.

Social ME

Leading and volunteering

- Equipment managers can monitor the objects pupils collect and can clear the equipment from the poolside after the challenge.
- Scorers and record keepers could record the scores.

Think inclusively STEP

- Space:** Reduce or increase the collecting space depending on the ability of the pupils.
- Task:** Try colour-coding the equipment; teams collect items of a specific colour and return them to a same coloured hoop on the side.
- Equipment:** Vary the size, shape and colour of the items to be collected; for example, some pupils may find it easier to collect smaller items.
- People:** Teams can decide on ability who should go for the nearest items or those further away.

Thinking ME

- How can I collect objects from the bottom of the pool?
- How should I collect objects floating in the pool?
- How can I help my team?

Tactical ME

- Can I help my team choose objects they would prefer to collect?



Sporting ME Spirit of the Games

Excellence through competition

Self belief: Can I sometimes try to collect objects that are quite hard to reach?



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AQUATICS – FOOTY RELAY

Quick introduction

This activity can be used to progress on to water polo where pupils find their own way of controlling a ball in the pool.

Getting started

- In teams of four pupils practise walking across the width with a ball keeping the ball in control.
- After they have established how to control the ball, they should be encouraged to swim.
- Pupils should be encouraged to swim rather than walk where possible.
- All pupils need to start from the side of the pool holding on with one hand.

Health and safety

- Pupils should be comfortable in the depth of water they are moving in.
- If pupils tire they should be provided with noodles or similar.



Equipment

- Ensure the balls are light and of the correct size for the pupils.

Physical ME

- When swimming, pupils should focus on pulling their hands through the water.
- Pupils can choose any stroke on their front.

Social ME

Leading and volunteering

- Swim leaders could support pupils in the water where appropriate, i.e. fetching a ball if the pupil loses control of it.

Think inclusively STEP

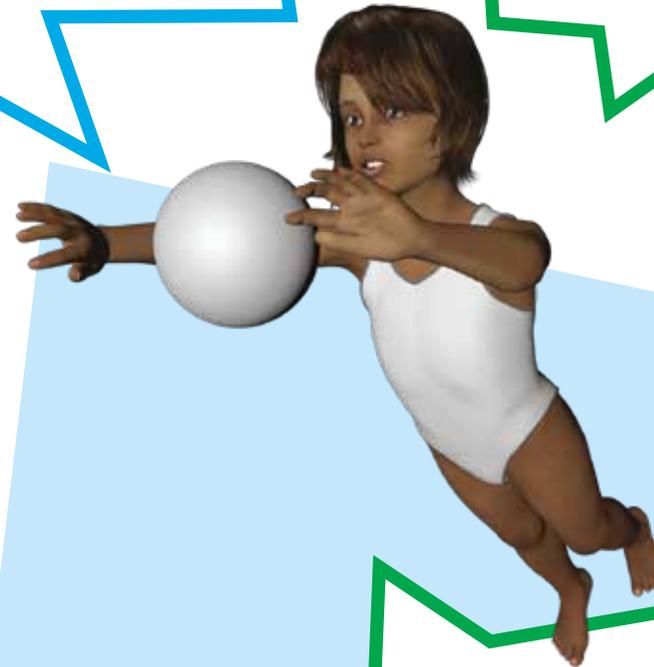
- Space:** Increase or reduce the distance to be covered depending on ability.
- Task:** Gradually increase the distance to be covered with feet off the bottom.
- Some pupils can throw the ball a short distance and swim after it, then stand up and throw again, and so on until the width is completed.
- Equipment:** Use floatation equipment to enable pupils who require support to participate.
- People:** Provide help in the water for pupils who require additional physical support, such as those who have an advanced special educational need and/or disability (SEND).

Thinking ME

- How can I keep the ball under control using my head, nose, pushing the ball through the water?
- How can I keep the ball under control whilst swimming with a head up front crawl action?

Tactical ME

- I know this is good practice for water polo – could I practise picking the ball up with one hand at the end of the width?



Sporting ME Spirit of the Games

Excellence through competition

Respect: How can we ensure fair play is encouraged throughout the competition?



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