

Aquasplash Festival Activity Cards



Celebrating swimming in schools, in association with the School Games

Aquasplash Festival

Activity Cards

Cards Included:

- | | |
|------------------------|---------------------|
| 1. Balancing Act | 5. Caterpillar Race |
| 2. Equipment Challenge | 6. Footy Relay |
| 3. Float Race | 7. Noodle Race |
| 4. Blowtastic | 8. Object Carry |

Rules

All activities

- Activities can take place in any order.
- Teams will either “high five” or touch the side as a take-over.
- Swimming is to be encouraged.
- Floatation equipment such as floats or noodles can be used for those unable to swim.

1. Balancing Act

- Pupils must not hold the float when balancing it on their head.
- If the float is dropped pupils should stop and replace the float before moving again.

2. Equipment Challenge

- Pupils should fully submerge to collect the sinking items.
- After collecting an item, pupils must return to the side for the next person in the team to go.
- If the pool is shallow, then guidance for submersion must be provided first to ensure that all pupils are safe.

3. Float Race

- Pupils should sit or lie on the float.
- Noodles can be used if larger floats are not available.

4. Blowtastic

- Pupils must blow the egg flip, ball or other floating object – use of hands or head is not permitted.

5. Caterpillar Race

- Pupils should pass the ball to the next team member – it should not be thrown.
- The last team member in the line must hold the ball before swimming to the front.

6. Footy Relay

- Pupils must remain on their back for the duration of the activity.
- If the ball is released from control, the pupil should recover it and commence from where it was released.

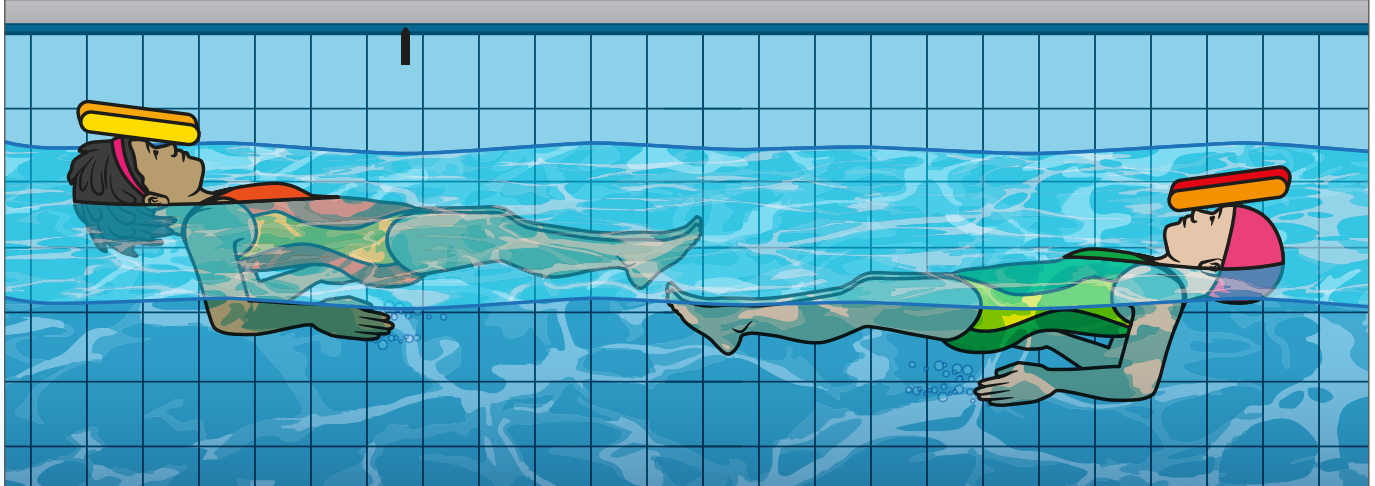
7. Noodle race

- Pupils must straddle the noodle in an upright position.
- The use of hands and legs should be encouraged.

8. Object Carry

- Pupils should be encouraged to tread water for the duration.
- If pupils are unable to tread water for long periods, they may remain standing until the team member who they are to take over from has commenced their swim.
- Adaptations must be provided for pupils where a special educational need and/or disability may prevent them from performing the activity as outlined.

Balancing Act



Activity

Pupils balance a float on their heads while travelling around the pool. This can be done individually or as part of a team relay.

For the team relay, one pupil from each team swims across the pool, balancing the float on their head. When they reach the side of the pool, they pass the float on to the next team member, and so on.

The team that finishes first is the winner. Pupils should not hold onto the float as they travel, and should stop when passing the float on to the next person.

Competition challenges

- How far can you go without the float falling off?
- How fast can you go without the float falling off?
- Can you beat this time and distance?
- How fast can your team complete the task?
- Can you beat this time by one second, two seconds, etc.?
- How many floats can your team finish with?

Equipment

- Floats.
- Small rubber rings.

Adaptations

Making it easier

- Pupils may walk or run.
- Use a small ring that fits firmly on the head.

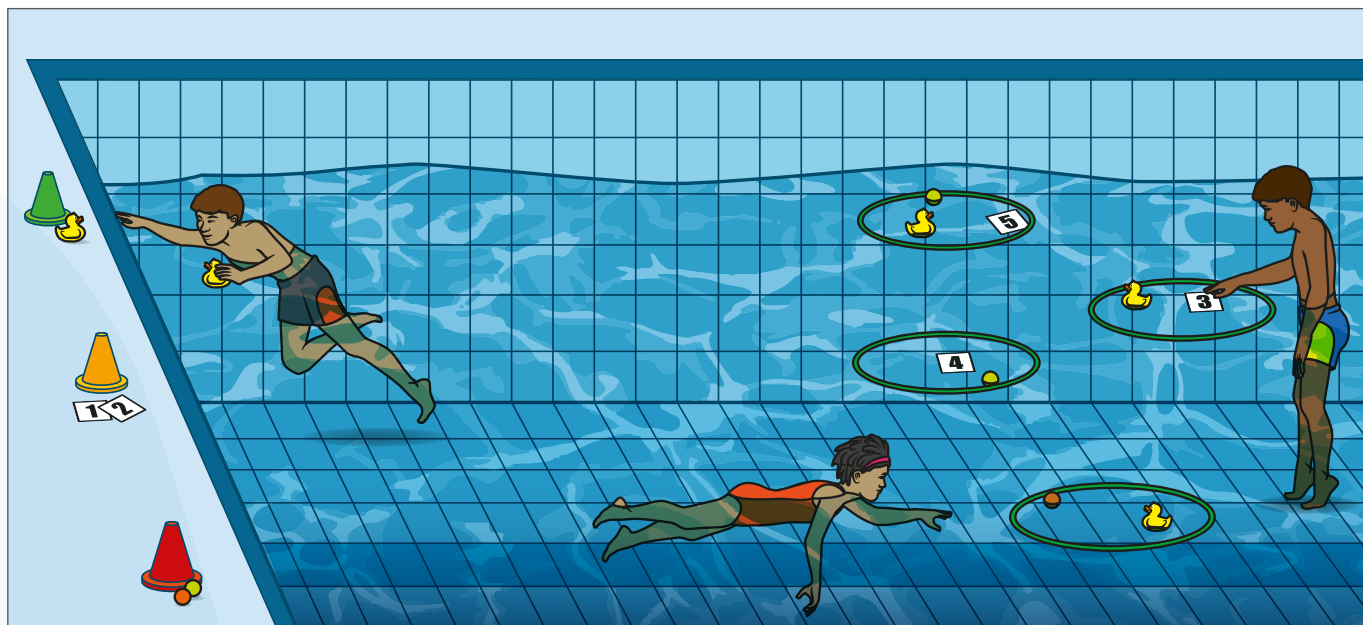
Making it harder

- Pupils to use different arm and leg movements.
- Pupils must balance more than one float.

Challenge

Challenge the pupils to balance more floats and swim across the pool.

Equipment Challenge



Activity

Pupils collect as many items as possible.

Competition challenges

- How many floating items can you collect in one minute?
- How many sinking items can you collect in one minute?
- How quickly can your team collect five floating items?
- How quickly can your team collect five sinking items?
- How quickly can your team collect a combination of floating and sinking items?
- What could you do differently to get all the items faster?

Equipment

- A variety of floating and sinking objects.

Adaptations

Making it easier

- Pupils may collect floating items only.
- Pupils may walk or run.

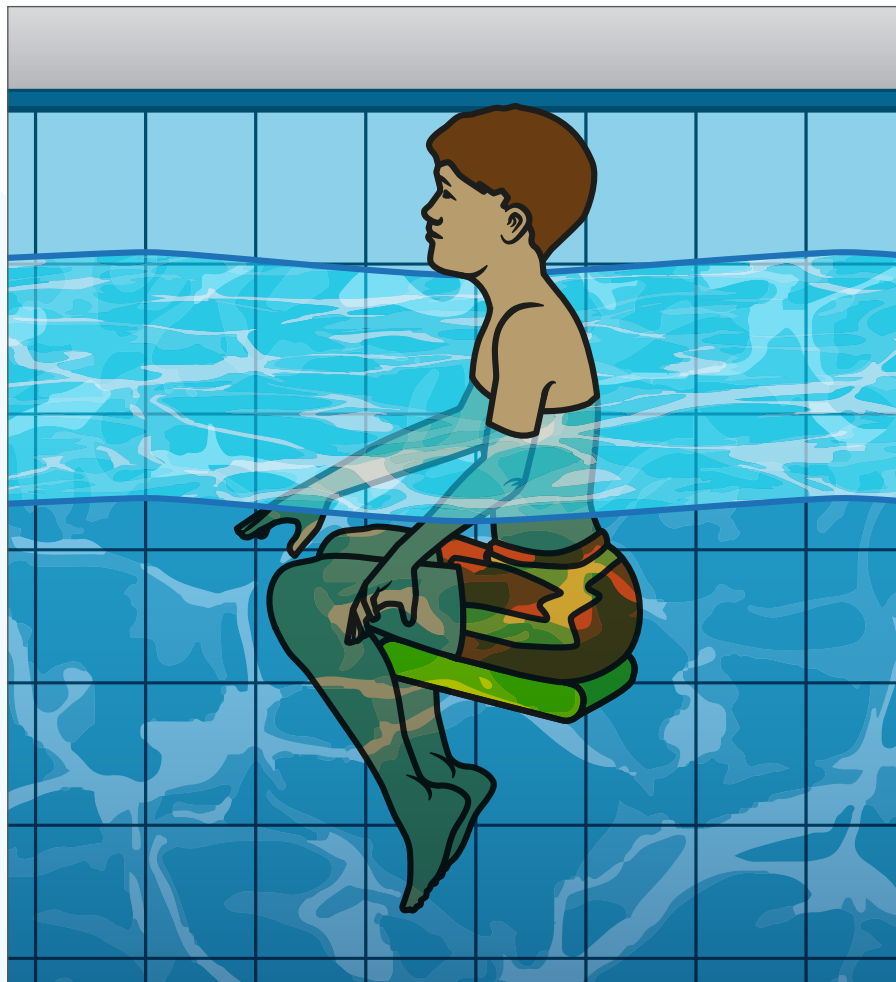
Making it harder

- Sinking items at a variety of depths.
- Pupils must return each item before collecting another.

Challenge

Challenge the pupils to collect the items on a float and return swimming.

Float Race



Equipment

- Small floats.
- Large floats.

Adaptations

Making it easier

- Pupils may use arms and legs.

Making it harder

- Carry team members across on the float.

Activity

Pupils sit or lie on a float and use their hands to scull.

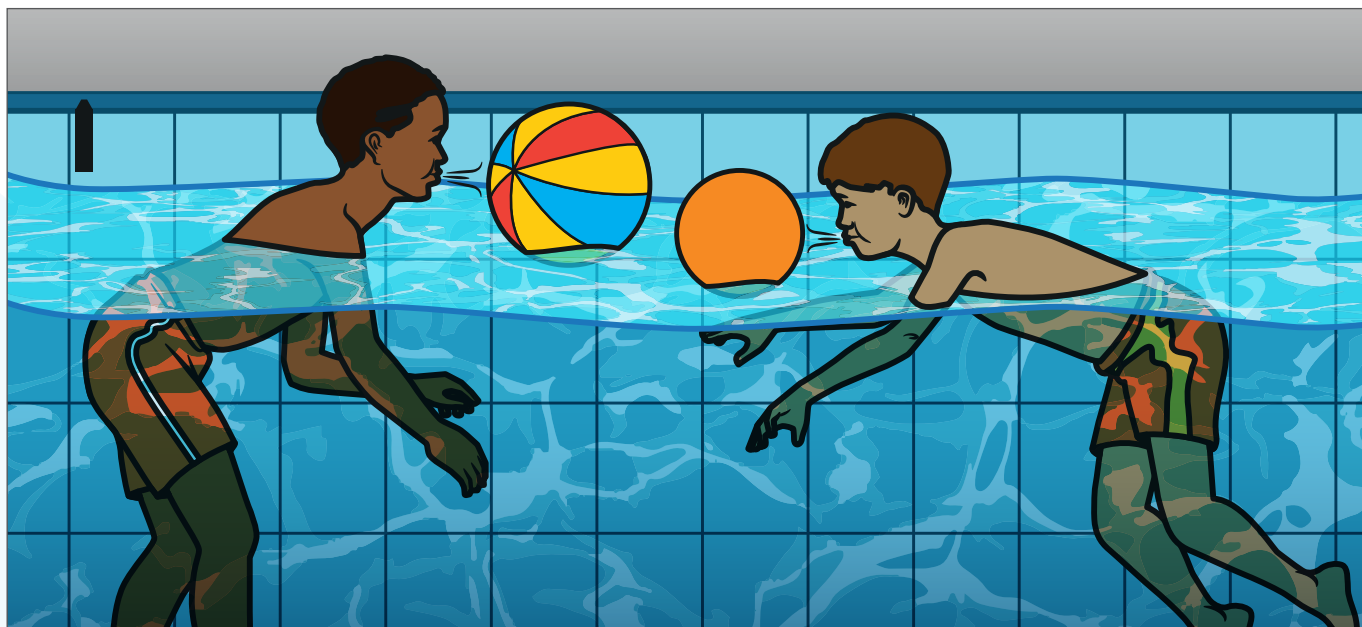
Competition challenges

- How fast can you go across the pool?
- What could you do to get there faster?
- How fast can your team complete the task?
- How quickly can you travel with a partner – one sculling and one kicking?
- Can your team beat this time by one second, two seconds, etc.?

Challenge

Challenge the pupils to move forwards, backwards, turn 180/360 degrees whilst sculling.

Blowtastic



Activity

Pupils must blow an egg flip, ball or other floating object across the pool.

Competition challenges

- How many times can you make the egg flip turn over/change colour?
- How quickly can you blow the floating object a distance of 5 metres, 10 metres, etc.?
- Can you beat this time by one second, two seconds, etc.?
- How quickly can you do this as a relay race?

Challenge

Challenge the pupils to swim across the pool whilst blowing the egg flip/ball.

Equipment

- Egg flips.
- Beach balls.
- Noodles or floats if required.
- Floating toys.

Adaptations

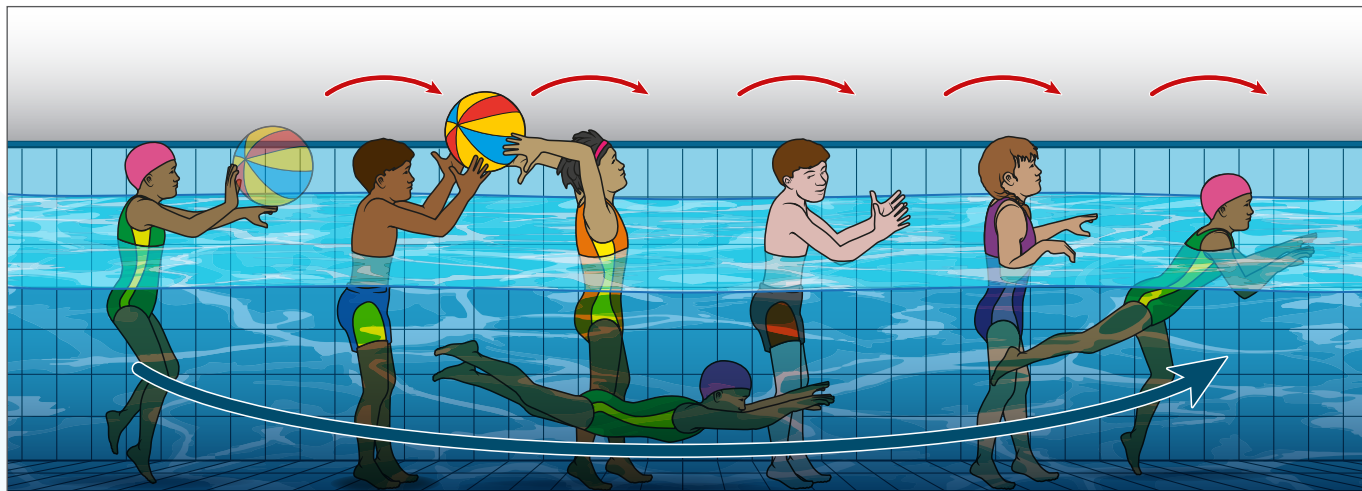
Making it easier

- Pupils can use noodles or floats.
- Use larger items such as beach balls.

Making it harder

- Pupils can travel further.
- Pupils use a water polo style stroke – e.g. front crawl with head up.

Caterpillar Race



Activity

Pupils stand in a straight line one behind the other and pass the ball over head to the pupil behind. The pupil at the back of the line travels to the front using front crawl leg kick, holding the ball in front of them.

Competition challenges

- How fast can your team complete the task?
- Can you beat this time by one second, two seconds, etc.?
- Can you complete the task without dropping the ball?

Challenge

Challenge the pupils to pass the ball over and under without dropping.

Equipment

- Noodles or floats if required.
- Different sized balls.

Adaptations

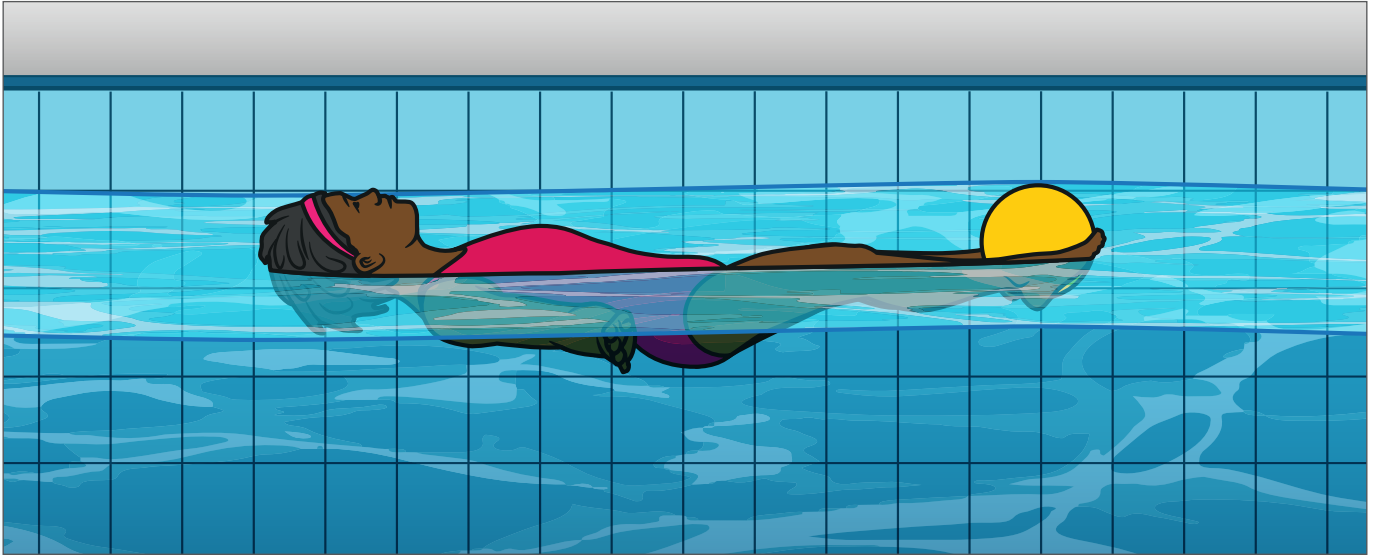
Making it easier

- Pupils can use noodles or floats.
- Pupils can use larger items such as beach balls.
- Pupils may pass the ball round the side.
- Pupils may walk or run to the front of the line.

Making it harder

- Pupils travel to the front using a water polo style stroke e.g. front crawl with head up.
- Pupils pass the ball through the legs.
- Pupils must pass the ball with one hand.
- Pupils tread water and pass the ball backwards.

Footy Relay



Activity

Pupils hold a ball between their feet and scull across the pool on their back. This can be done individually or in a team relay.

Competition challenges

- How fast can you travel the specified distance?
- Can you beat this time by one second, two seconds, etc.?
- How many balls can you hold between your legs whilst sculling?

Challenge

Challenge the pupils to scull feet first.

Equipment

- A variety of balls such as water polo, beach and juggling.
- Noodles or floats if required.

Adaptations

Making it easier

- Pupils can use noodles or floats.
- Use smaller items such as juggling balls.

Making it harder

- Pupils travel an increased distance.
- Use larger items such as beach balls.

Noodle Race



Equipment

- Noodles.

Adaptations

Making it easier

- Pupils can travel with feet on pool floor.
- Pupils can use their arms to pull the water.

Making it harder

- Pupils must keep their hands on the noodle.
- Pupils must travel an increased distance.

Activity

Straddling the noodle with legs either side, pupils must travel to a specified target. This can be done individually or in a team relay.

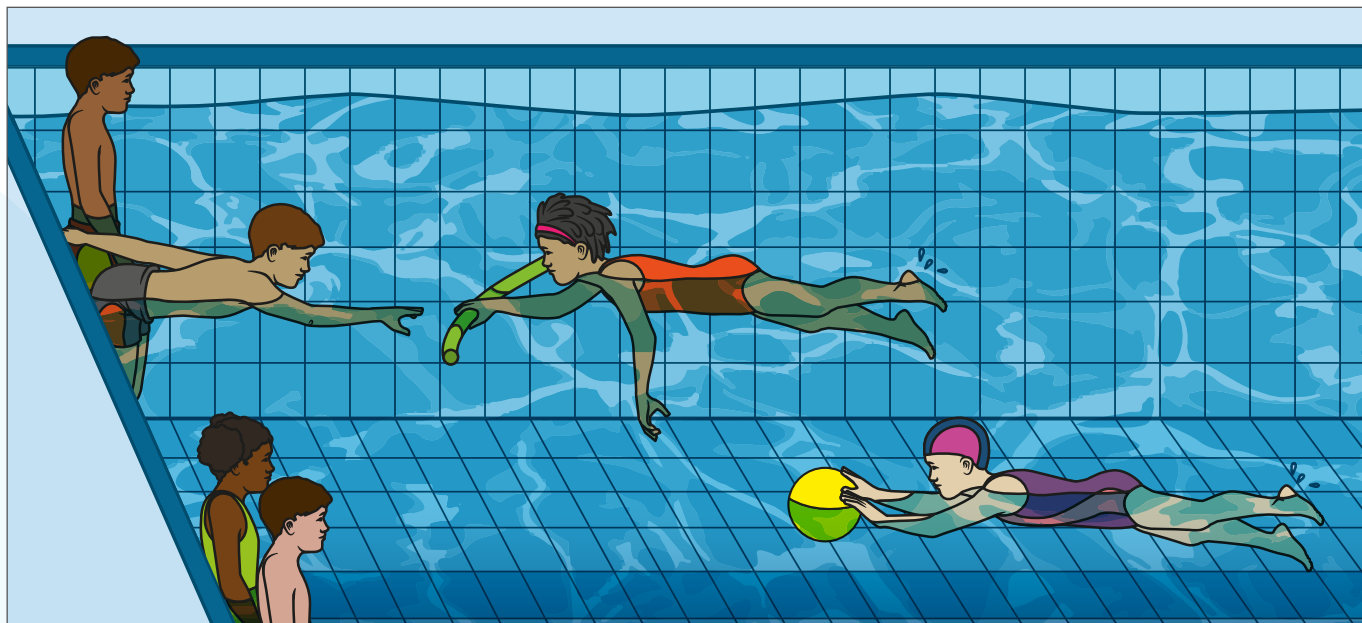
Competition challenges

- How fast can you travel the specified distance?
- Can you beat this time by one second, two seconds, etc.?
- Can you do this with a partner on your noodle?
- How many team members can you fit on your noodle?

Challenge

Challenge the pupils to do as many widths as possible in a specified time.

Object Carry



Activity

Pupils carry an object to other team members spaced across the pool.

Competition challenges

- How fast can your team complete the task?
- Can you beat this time by one second, two seconds, etc.?
- Half of the team must walk/run, half of the team must swim.
- Player one passes the object to player two and then player one follows player two, Player two then passes the object to player three and players one and two follow player three... and so on, until all players are on the poolside.

Challenge

Challenge the pupils to complete the task in t-shirt and shorts.

Equipment

- Floating objects such as balls, floats or toys.

Adaptations

Making it easier

- Pupils can travel with feet on pool floor.
- Pupils can use noodles or floats.

Making it harder

- Pupils must tread water while waiting.
- Pupils must travel an increased distance.