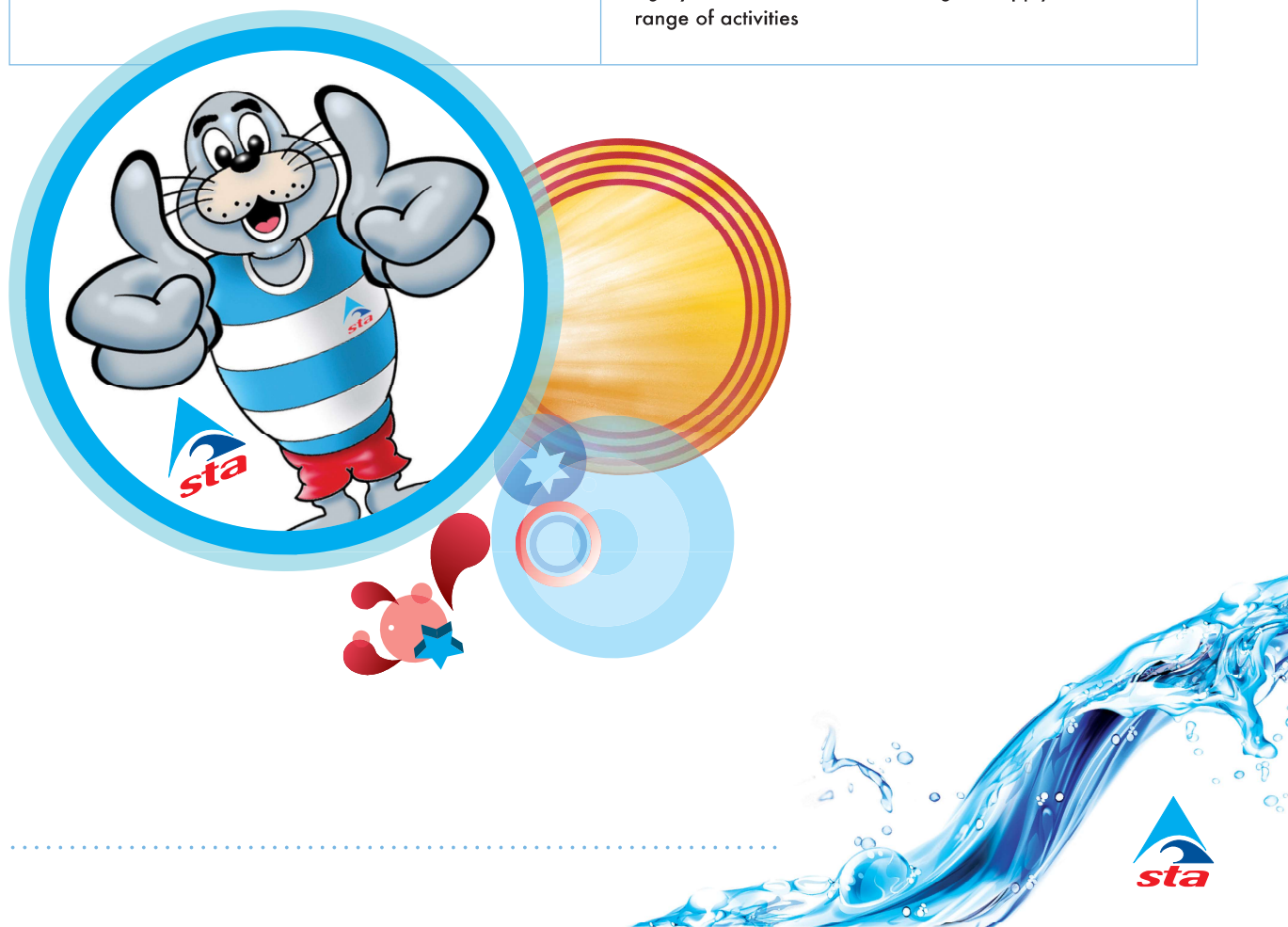


3. Aquatic Games

Build a Tower	
Ability	STAnley
Equipment required	A quantity of floating play bricks
Skills developed	Essential movement skills: walking, jumping, running, hopping, galloping Essential swimming skills: propulsion
Description	Participants are split into two teams, the swimming teacher places floatable blocks around the lesson area and each team races to see who can collect the most blocks and build the tallest tower
Making it easier/harder	<ul style="list-style-type: none"> • Participants can experiment with different methods of moving through the water or move as directed by the swimming teacher to collect the items • Participants can participate either with or without buoyancy aids, as appropriate • The tower can be built on a float • Opposing team can try to splash the tower down with an effective front paddle kick
Safety	<ul style="list-style-type: none"> • Beware of participants following toys into deep water • Good spatial awareness is necessary so participants do not collide
Links to National Curriculum	<ul style="list-style-type: none"> • Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities



3. Aquatic Games

Follow The Leader	
Ability	STAnley
Equipment required	No additional equipment required
Skills developed	Essential movement skills: hopping, jumping, galloping, walking, running, Essential swimming skills: Propulsion, aquatic breathing
Description	One participant is designated the 'leader' all other participants form a line behind the leader and follow their movements around the pool, each participant takes turns to be 'leader.'
Making it easier/harder	<ul style="list-style-type: none"> • Participants can use buoyancy aids or a woggle • Participants can hold on to the poolside initially • Participants can hold on to the side and place feet on the wall to be like 'spiderman' • Participants can sit astride woggle and use sculling for propulsion • Skills such as blowing bubbles, leading under a woggle bridge and watering can shower can be introduced
Safety	<ul style="list-style-type: none"> • Ensure a safe distance is maintained between each participant • Ensure participants do not stray into deep water
Links to National Curriculum	<ul style="list-style-type: none"> • Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities • Develop flexibility, strength, technique, control and balance



3. Aquatic Games

Ring O' Roses	
Ability	STAnley
Equipment required	No additional equipment required
Skills developed	Essential movement skills: jumping, walking Essential swimming skills: propulsion, submersion
Description	<ul style="list-style-type: none"> Participants move round in a circle singing 'ring o' ring o' roses a pocket full of posies a tissue, a tissue we all fall down.' At this point, participants submerge and blow bubbles. The song concludes: 'fishes in the water, fishes in the sea, we all jump up with a one two three.' At which point, participants jump up as high as they can.
Making it easier/harder	<ul style="list-style-type: none"> Participants can blow bubbles with mouth and nose submerged or submerge completely dependent on ability
Safety	<ul style="list-style-type: none"> Ensure sufficient space for activity
Links to National Curriculum	<ul style="list-style-type: none"> Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities Develop flexibility, strength, technique, control and balance

Spiderman	
Ability	STAnley
Equipment required	No additional equipment required
Skills developed	Essential swimming skills: propulsion
Description	Each participant pretends to be Spiderman, holding on to the poolside and placing their feet on the wall they move around the edge of the lesson area.
Making it easier/harder	<ul style="list-style-type: none"> Participants try to catch the participant in front of them, once caught the participants swap places. When the swimming teacher shouts out 'change' the Spidermen move in the opposite direction.
Safety	<ul style="list-style-type: none"> Ensure participants do not move out of an appropriate depth
Links to National Curriculum	<ul style="list-style-type: none"> Participate in team games, developing simple tactics for attacking and defending Perform safe self-rescue in different water-based situations



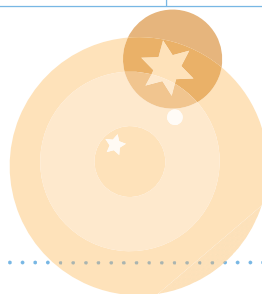
3. Aquatic Games

STAnley Says	
Ability	STAnley
Equipment required	No additional equipment required
Skills developed	Essential movement skills: running, jumping, hopping, leaping Essential swimming skills: propulsion, aquatic breathing, floating
Description	Swimming teacher gives instructions for the participants to follow, if the instruction is preceded by STAnley says then participants complete the instruction, if it is not preceded by STAnley says participants do not complete the instruction. Examples include: Blow bubbles, kick your legs holding on to the rail, wash your face, wash your hair, perform a star float on the front and back and regain feet
Making it easier/harder	<ul style="list-style-type: none"> Swimming teacher can use a range of different instructions based on the lesson objectives. Once familiar with the game, participants can take turns to issue the instructions.
Safety	<ul style="list-style-type: none"> Ensure participants are well spaced around the lesson area and there is sufficient space between participants and poolside
Links to National Curriculum	<ul style="list-style-type: none"> Develop flexibility, strength, technique, control and balance Cross curricular link to English- Spoken language curriculum



3. Aquatic Games

Trains	
Ability	STAnley
Equipment required	One woggle per participant
Skills developed	Essential movement skills: walking, jumping, hopping, balance Essential swimming skills: propulsion, aquatic breathing
Description	Each participant places a woggle under their arms. One participant is nominated to be the 'driver' the rest of the participants line up in single file behind the 'driver' and hold on to the woggle of the participant in front. The driver pulls and the participant at the back of the train kicks.
Making it easier/harder	<ul style="list-style-type: none"> • Trains can race across the pool or 'drive' to different stations where the driver changes. • Trains can compete to collect the most 'passengers' to add to the back of their train. • Participants can experiment with a range of different arm and leg actions. • Walking, jumping or hopping can be used for less able participants. • Swimming teacher can set up bridges and watering can showers for trains to drive through.
Safety	<ul style="list-style-type: none"> • Ensure participants are supervised and do not wonder out of a safe water depth
Links to National Curriculum	<ul style="list-style-type: none"> • Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
Underwater Humming	
Ability	STAnley
Equipment required	No additional equipment required
Skills developed	Essential movement skills: jumping Essential swimming skills: aquatic breathing
Description	Participants are in pairs. Both participants submerge, each participant takes turns to hum a song whilst their partner tries to guess the name of the song.
Making it easier/harder	<ul style="list-style-type: none"> • Larger groups of participants can be used
Safety	<ul style="list-style-type: none"> • Monitor participants submerging
Links to National Curriculum	<ul style="list-style-type: none"> • Develop flexibility, strength, technique, control and balance



3. Aquatic Games

What's The Time Mr Shark?	
Ability	STAnley
Equipment required	One woggle per participant
Skills developed	Essential movement skills: walking, hopping, jumping, galloping, leaping Essential swimming skills: propulsion
Description	Participants take turns to be 'Mr Shark'. Everyone lines up on one side of the pool, facing Mr Shark. Participants take turns to ask 'What time is it Mr Shark?' all participants move forward the corresponding number of steps according to Mr Shark's response. When the participants get close to Mr Shark he chooses to respond 'dinner time' and tries to catch the participants before they get back to their starting position. Anyone who is caught is Mr Shark for the next game.
Making it easier/harder	<ul style="list-style-type: none"> Participants can experiment with different methods of moving through the water for example; walking, hopping, jumping or holding a woggle and splashing their legs by the corresponding number of splashes.
Links to National Curriculum	<ul style="list-style-type: none"> Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities Cross Curricular links to Mathematics- Measurement Curriculum

Bean Game	
Ability	Octopus
Equipment required	No additional equipment required
Skills developed	Essential movement Skills: running Essential swimming skills: floating
Description	Swimming teacher calls out various different instructions and the participants have to respond as quickly as possible. For example: Runner Bean: running on the spot Broad bean: make a broad floating shape in the water Baked bean: star float on the back Jelly bean: wobbling action Chilli bean: shivering action French bean: raise hand and say 'Ooh La La'
Making it easier/harder	<ul style="list-style-type: none"> Participants can use woggles for floating if required, Once participants are familiar with the game, the swimming teacher can add additional actions, depending on the objectives for the lesson.
Safety	<ul style="list-style-type: none"> Ensure participants have sufficient space to complete actions without colliding with other participants or the pool side
Links to National Curriculum	<ul style="list-style-type: none"> Develop flexibility, strength, technique, control and balance

