

## Water Confidence for Beginners

1. *Legs only at rail*
  - heels under
  - long legs
  - pointed toes
  - legs close together.
2. *Using two floats*
  - one at each side
  - chin on water.
3. *One float extended*
  - kick from hips.
4. *Using two floats*
  - ears under the water
  - floats vertical and to the side
  - float on chest legs only, knees under
  - silent kick.

### WATER GAMES \_\_\_\_\_

#### SIMPLE CIRCLE GAMES \_\_\_\_\_

Circles should be small for safety and involvement.

#### NUMBER RETRIEVE

With players in a circle, a ball is thrown into the circle as the teacher shouts a number. The player who has been allocated that number swims or dives to catch the ball and returns to the circle, throwing the ball back to the teacher.

#### KEEP IT UP

The aim is to keep a light ball in the air for as long as possible around the circle of players, who repeatedly throw or punch it upwards. This game readily lends itself to simple goal setting, by asking the group to score a given number of airborne shots.

#### SIMPLE GROUP GAMES \_\_\_\_\_

#### SHARKS AND MINNOWS

One player is 'shark' in the middle of pool. All others are minnows lined up along one side of the pool. 'Shark' shouts "sharks and minnows" and minnows have to cross to the other side without being caught by shark. Anyone caught stays in the middle and becomes a shark.

#### TRAFFIC LIGHTS

Three corners or sides of the pool are labelled as colours of the traffic lights. The teacher calls a colour and students have to move to the appropriate side as quickly as possible. This can also be an elimination game.

#### MUSICAL GAMES

Played similarly to musical chairs or bumps, the students being given a selected task when the music stops. Tasks could be: lie or stand quite still (statue); pick up an object from the pool floor; find a hoop and go inside it; find a ball and throw it up and catch; find a float and balance with it.

#### TREASURE HUNT

Both sinkable and floating objects are scattered in the pool. The aim is to collect as many as possible. Each object is worth different points, those more difficult to retrieve being worth more. Different colours can be used, and students told to collect only the red objects, for instance.

#### RACES FOR INDIVIDUALS OR PAIRS \_\_\_\_\_

#### CORK RETRIEVE

A number of corks are thrown into the pool; whoever collects the most wins.

#### LINKED SWIM

Swimmers link up with two or three others. So linked, they then swim the length of the pool. Through experiment the swimmers choose the most effective method of linking and travelling.

#### SHADOW SWIM

In pairs, one person swims underwater, and their partner attempts to 'shadow' their stroke on the surface.

#### TAG GAMES \_\_\_\_\_

#### JAPANESE TAG

A tag game where the catcher touches a certain part of the body of the swimmer in order to catch the person out.

#### STATUE TAG

When a swimmer is touched by the catcher, they must stand or float as still as a 'statue'. 'Statues' can be set free by someone else swimming through their legs, or swimming under them.

#### HOOP TAG

One swimmer is 'it' and has to catch a replacement. By touching another swimmer the responsibility of being 'it' is transferred. Swimmers are only safe from being caught when within a hoop, holding a ball, or are underwater, according to the task set.

#### PARTNER TAG

Two or three catchers initially tag another player. They then must remain linked in pairs as they move to try to tag and so eliminate all other swimmers. Those eliminated can be given a task. (With any tag game, a weak catcher can be aided by helpers).

#### RELAY GAMES \_\_\_\_\_

#### DUCK FOR RING

Use sinking rings. Swimmers stand one behind the other in a line. Starting at the front, the ring is picked up from the bottom of the pool and dropped back over each person's head. The player behind has to pick it up again from the bottom of the pool, and so forth until the end player has received it. That person then swims to the front to start again.

#### DRESSING RACE

Team members swim across, collect an item of clothing, and wear it to swim back. The next player puts that on and also swims to collect a second garment to wear and so forth.