

## Resource material: Games

**OBSTACLE RACE**

Each member of the team has a different stunt to perform as they swim across, for instance a somersault, a handstand, a log roll, sculling across, taking a ball.

**OBJECT RACES**

Team members swim widths or lengths, having to carry a ball between knees, an object on the tummy, or a ring on the head. Other ideas include: with hands held out of the water, picking an object off the pool floor, going through submerged hoops, swimming whilst propelling a ball.

**BALL GAMES****PIGGY IN THE MIDDLE**

Three swimmers play this game, one standing in the middle attempting to intercept the ball thrown between the other two swimmers. Whoever throws the ball which the 'piggy' intercepts becomes the next piggy.

**PARTNERS**

This game is played with two teams of two. Each team counts the number of passes it can make with the ball before the other team intercepts.

**CLASS GAMES****ALL-IN TAG**

All students carry an arm band, except one student **wears** band. When caught all players must wear their band. Last one out is winner.

**RED LETTER**

All students against side. Teacher calls out letter. If letter in name move forward one step.

If "red" letter called nobody allowed to move. Move one step back if you do.

**INDIVIDUAL GAMES****HANDS GAME**

Partners make shapes / numbers. Other partner takes a breath to see.

**PLATE CATCH**

Leave an enamel plate sink. Retrieve. As confidence grows students may eventually retrieve from pool floor.

**TALL AND SMALL**

Reach up.  
Crouch down.  
Keep to a rhythm.

**CYCLING**

Using two floats cycle with feet. Try to get two feet off bottom.

**FLOATING SHAPES**

Using two floats, float.  
Experiment with different shape:  
Prone, supine, sideways, long shapes, wide shapes, asymmetric, symmetric - these can be done initially with partner.

**BOBBING**

Rise and sink while holding side, 2 hands. Submerge shoulders, face if possible.  
Side hold (one hand).  
Move to free standing as confidence grows.  
'Jack in the box' idea.

**SKIING**

Travel by sliding one foot after the other (this could be a relay game).  
Partner work if student nervous of leaving side.

**DUCK WALK**

Keep chin on water.  
Raise feet off bottom.

**CHEST BALL**

Push ball with chest around shallow end. (This could be a relay game for all levels).

**BLOWING BUBBLES**

Scoop water into hands, blow away vigorously.  
Lower face into water  
- who can blow for longest?  
- who can make a loud sound?  
- who can guess the name that underwater individual calls out?

**BLOWING OBJECTS**

Table tennis, cork, egg flips. Blow freely about pool. Later this could be a competitive game.