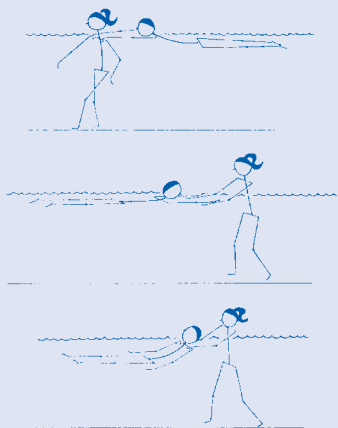


### TANDEM GAMES

- Front person uses arm action
- Back person uses leg action



### SLIDING THE PLANK

- Both swimmers take up floating position, one behind the other.
- Person A in front reaches overhead to grasp the ankles of his/her partner.
- Moving under the water, person A pulls, pushes him/her along the surface to change positions.
- Person being pulled assists by sculling feet first.
- Several changes of position can be attempted.

### MIRROR SWIMMING

Partners attempt to mirror each other exactly.

### MEETING & PARTING

- Push from opposite sides of the pool, swim under water to meet half way across, then surface together.
- Approach from a distance, meet with a surface dive and rise together.

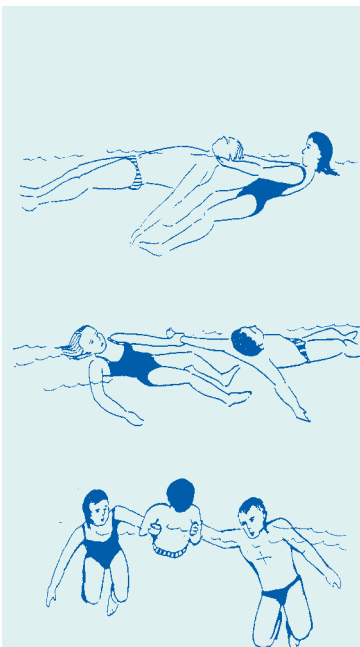
### PASSING IN TWO'S

- Deep water
- Shallow water
- Two handed pass
- One handed pass

### OVER & UNDER

- Shoulder depth of water, in pairs.
- Partner A stands feet astride, arm outstretched.
- Partner B surface dives over one arm, swings between partner's legs and repeats on the other side.
- Partners then switch over roles.
- This can become competitive.

### TOWING



- More experienced swimmers only!
- Experiment with towing each other using rope, hoop, float etc.
- Difficult strokes may be used and the activity can be competitive over stated distances.

### CHINESE WALL

- All swimmers at one side of the pool – deep or shallow water, depending on student ability.
- One person is chosen to occupy the centre of the pool.
- Swimmers attempt to cross pool without being caught.
- If caught, join centre person to act as catcher.

### TEN TRIPS

- Teams of four.
- Ball is with the person at the front of the line.
- Ball is passed over the heads of the team.
- Back person swims up to front and repeats.
- First team to repeat X number of repetitions.

Variation:  
Over the heads, under the legs.