



Rowing for SGOs

PRIMARY

What's unique about Rowing

The Primary Rowing Festival uses fun, inclusive rowing-inspired challenges to introduce children to rowing in a way everyone can enjoy. With no previous rowing experience needed, children can explore, learn and develop together. Activities require little specialist equipment and can be delivered in a range of school spaces.

Schools can; deliver a one-off Primary Rowing Festival, follow a six-lesson programme building towards the festival, or use individual games and activities within PE lessons throughout the year.

What is the intent of your format



Develop confidence and competence within physical activity/sport skills



Build social skills and connections (i.e. sense of belonging)



Provide inclusive opportunities

The Primary Rowing Festival helps children develop balance, coordination, rhythm, timing and movement control, building confidence to be active. Children work together as a crew to communicate, solve problems and encourage one another. Activities can be adapted to different abilities, giving everyone opportunities to contribute, improve and experience success.

The intent of our format is that young people feel that they can say; I learn to move, I grow in confidence, I learn to belong and work with others.

Target group benefits



All young people



Targeted groups of young people

The festival is designed for all children, regardless of previous experience, confidence or ability. Activities can be adapted by changing the movement, space, equipment, rules or role, helping children who are less active, less confident or have SEND to take part in ways that work for them. Everyone can contribute to their crew throughout the festival, developing movement, confidence, communication, teamwork and a sense of belonging, with different ways to experience success.

It's just not Rowing if you don't...

1

Move together, develop rhythm, coordination and controlled movement.

2

Work as a crew, communicate, cooperate, encourage each other and recognise that everyone has a part to play.

3

Challenge yourself, explore new movements, build confidence and keep trying to improve.



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How to run inter-competition: Primary Rowing Festival



How to set up

- Choose a suitable indoor or outdoor space
- Set up activity stations with enough room to move safely
- Mark activity areas, boundaries and start/finish points with cones
- Set out equipment and check each area for hazards
- Divide children into crews, explain the activities and rotate crews around the six stations for 12–15 minutes each
- Success is measured not only by performance, but also by teamwork, communication and leadership.



Age group

KS2 (7-11 years old)



Gender

Mixed/Any Gender



Participant numbers

The format is flexible and can be adapted to the number of school crews attending and size of venue available. Crews of 5–10 are recommended. Smaller groups can combine crews; for larger events, duplicate stations or run activities in waves.



Target audience

For all.

Designed for all children, regardless of experience, confidence or ability. Activities can be adapted through movement, space, equipment or challenge level, with success recognised through participation, effort, improvement and teamwork.



Benefits for YP

The Primary Rowing Festival helps children to:

- Have fun and enjoy being active
- Develop movement skills, confidence and physical literacy
- Work with others and experience being part of a crew
- Challenge themselves, recognise improvement and celebrate success

Activities can be adapted so children with different abilities and needs can take part and contribute together.



Roles for YP

Roles can be shared and rotated so everyone has a chance to lead, support and contribute.

- Activity Leader – explains the activity and encourages everyone to join in.
- Equipment Leader – helps set up, check and pack away equipment.
- Crew Motivator – encourages others and celebrates effort and improvement.
- Reflection Leader – leads a short discussion about what the crew enjoyed, learned and could try next.



Progression

- **Keep rowing:** Continue with indoor rowing activities and challenges at school
- **Compete:** Work with other schools to take part in festivals, challenges and inter-school competition
- **Try rowing on the water:** From around age 11, explore Learn to Row and other opportunities through a local rowing club
- Find local opportunities: British Rowing's Activity Finder [British Rowing's Activity Finder](#) can help schools and families find rowing clubs and activities.





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Additional support

Rowing is a fully inclusive sport. To support you to adapt your practice, check out the [SEND Inclusion Toolkit](#) co-created by the Youth Sport Trust and the National Disability Sports Organisations (NDSOs) who are the leading experts within inclusive sport. They provide advice, support, and opportunities for people of all ages with specific impairments. [The toolkit](#) provides an introduction to a range of special educational needs and disabilities, alongside practical guidance for creating inclusive environments and signposting to further training and development opportunities. It will help you adapt any practice in addition to our suggestions to make it inclusive for all.

Physical Literacy

We have designed these formats with physical literacy at their heart. We want all young people to have positive experiences with physical activity from an early age. As far as possible, we've considered opportunities for young people to move, think, feel and connect through our activities, and given you suggestions to make adaptations. But, if they don't work for you and your young people, then use the THRIVE principle to remove barriers, make changes and give young people greater ownership of their experience.

For further support, look to the Physical Literacy Enactment Guide - Community, which can be found by [clicking here](#), and going to the "Getting Started" guide section to download it.

NGB regional contacts

- British Rowing is available to support SGOs and schools with the Primary Rowing Festival and wider rowing opportunities
- For advice about delivering or adapting the activities, organising a festival, accessing resources, connecting with local rowing opportunities or any other questions about rowing, contact the British Rowing Growth Team at growth@britishrowing.org.

Personal development

British Rowing offers learning opportunities for teachers, SGOs and young people to build their confidence and skills.

- Teachers and school staff: Free online Teacher Training and Resources for Indoor Rowing through PE Scholar. [Click here](#) for more information
- Young people: Take on festival roles such as Activity Leader, Equipment Leader, Crew Motivator or Reflection Leader to develop communication, leadership and confidence
- Further development: Progress from introductory support roles to coaching qualifications and CPD. [Click here](#) for more information.

Where to participate next?

- Continue rowing at school through indoor and rowing-inspired activities. From around age 11, young people can explore rowing on the water through a local rowing club [British Rowing's Activity Finder](#) can help schools and families find local clubs and rowing opportunities.

Where to compete next?

- Schools can work with local schools to organise rowing festivals, challenges and inter-school competitions. Young people can also progress to indoor rowing races and competitions and, when age appropriate, competitive rowing through a local club.





Why Rowing for your school?

The Primary Rowing Festival brings rowing-inspired activity into school through inclusive, team-based challenges that everyone can enjoy. It gives young people opportunities to develop physical literacy, confidence, teamwork and leadership recognised through personal improvement and positive behaviours as well as competition.

The flexible format can be adapted to different abilities, spaces, equipment and experience levels, making it easy to include in PE, enrichment or school competition. It provides a clear pathway from curriculum activity and intra-school competition to inter-school festivals.

How to use activities in curriculum time

A six-lesson programme supports schools to introduce rowing and rowing-inspired activities through PE or curriculum time, progressively preparing young people for the Primary Rowing Festival. Schools can deliver the full programme or select individual lessons to complement their existing curriculum. Activities can be adapted to suit available equipment, space, time and pupil needs. Lesson plans, activity cards and teacher resources are available from British Rowing [website](#).

Additional support

Rowing is a fully inclusive sport. To support you to adapt your practice, check out the [SEND Inclusion Toolkit](#) co-created by the Youth Sport Trust and the National Disability Sports Organisations (NDSOs) who are the leading experts within inclusive sport. They provide advice, support, and opportunities for people of all ages with specific impairments. [The toolkit](#) provides you with an introduction to each special educational need and disability, key top tips for creating an inclusive environment and signposting to further training and development opportunities within each NDSO. It will help you adapt any practice in addition to our suggestions to make it inclusive for all.

Physical Literacy

Thrive isn't a checklist – it's a lens to help you sense check quality and inclusion, so consider the following when choosing which format to deliver and how it supports your young people to have a positive experience with physical activity:

- **TAILORED:** does your event support the needs, strengths and circumstances of the group?
- **HOLISTIC:** do the selected activities support young people to move, connect, think and feel?
- **REFLECTIVE:** have you built in time to allow young people to reflect on their engagement and to make choices about what they want to take part in next?
- **INCLUSIVE:** does your event support all young people to engage, feel welcome and included to take part?
- **VARIED:** have you planned for activity differentiation with equipment, space, task and outcome to provide appropriate challenge and maintain interest for all?
- **EMPOWERING:** have you consulted your young people to ask what they want to do, and how they want the event to run? Often, they create better rules and adaptations than we do, which gives them ownership and a positive experience.

For further support, refer to the Physical Literacy Enactment Guide - Education, which can be found by [clicking here](#), and going to the "Getting Started" guide section to download it.



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Personal development

British Rowing offers learning opportunities for teachers, SGOs and young people to build their confidence and skills.

- Teachers and school staff: Free online Teacher Training and Resources for Indoor Rowing through PE Scholar. [Click here](#) for more information
- Young people: Use festival roles and activity cards to develop leadership, communication and teamwork
- Further development: Progress from introductory support roles to coaching qualifications and CPD. [Click here](#) for more information.
- For further advice and support, schools can contact the British Rowing Growth Team at growth@britishrowing.org.

Where to participate next?

Young people can continue rowing through school, club and community opportunities, including indoor rowing activities, challenges and events. From around age 11, they can explore rowing on the water through a local rowing club. Use [British Rowing's Activity Finder](#).

Where to compete next?

Schools can work with other local schools to organise festivals, challenges and friendly inter-school competition. Young people can also progress to indoor rowing races and competitions and, from around age 11, explore competitive opportunities through local rowing clubs. British Rowing provides resources to help schools and SGOs plan and deliver events. For more information visit [British Rowing website](#).



Rowing for Schools

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How to run intra-competition: Primary Rowing Festival



How to set up

- Choose a suitable indoor or outdoor space
- Set up activity stations with enough room to move safely
- Mark activity areas, boundaries and start/finish points with cones
- Set out equipment and check each area for hazards
- Divide children into crews, explain the activities and rotate crews around the six stations for 12–15 minutes each
- Success is measured not only by performance, but also by teamwork, communication and leadership.

Scoring

- Points can recognise performance, effort, improvement, teamwork and other achievements. Award points at the discretion of the teacher or activity leader.
- Success can be recognised through overall scores or bonus awards, so teams have different ways to succeed.

Festival Celebration

Finish with a celebration of achievement. Awards could include:

- | | |
|----------------------------|-----------------------------|
| ● Crew Challenge Champions | ● Spirit of the Games Award |
| ● Teamwork Award | ● Fair Play Award |
| ● Outstanding Leadership | ● Crew in Sync Award |
| ● Most Improved Crew | |

Recognise every crew for their contribution, effort and progress.



Age group

KS2 (7-11 years old)



Gender

Mixed/Any Gender



Participant numbers

4-30 young people, in crews of 4-6.

Smaller groups can combine crews or reduce the number of stations; for larger events, duplicate stations or run activities in waves. Ensure all crews rotate through all activities.



Target audience

Designed for all KS2 children, regardless of rowing experience, confidence or ability. Activities include adaptations and different levels of challenge so everyone can take part, contribute and experience success.



Benefits for YP

The Primary Rowing Festival aims to:

- Celebrate participation and achievement
- Develop physical literacy through enjoyable competition
- Encourage teamwork and communication
- Provide opportunities for leadership
- Reward effort, resilience and personal improvement
- Build confidence through positive competition
- Introduce students to rowing in an engaging and inclusive way.





Rowing for Schools

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Roles for YP

Roles can be shared and rotated so everyone has a chance to lead, support and contribute.

- Activity Leader – explains the activity and encourages everyone to join in.
- Equipment Leader – helps set up, check and pack away equipment.
- Crew Motivator – encourages others and celebrates effort and improvement.
- Reflection Leader – leads a short discussion about what the crew enjoyed, learned and could try next.



Progression

Young people can continue their rowing journey through:

- At school – PE, enrichment and indoor rowing activities
- School Games – festivals, challenges and events
- Indoor rowing – challenges, races and the Secondary Crew Challenge
- On the water – local rowing clubs and community programmes from around age 11
- Leadership – young leader roles, helping organise activities and support others
- Competition – indoor rowing events and, when age appropriate, competition on the water

Schools can also work with local schools to organise shared festivals and inter-school challenges.

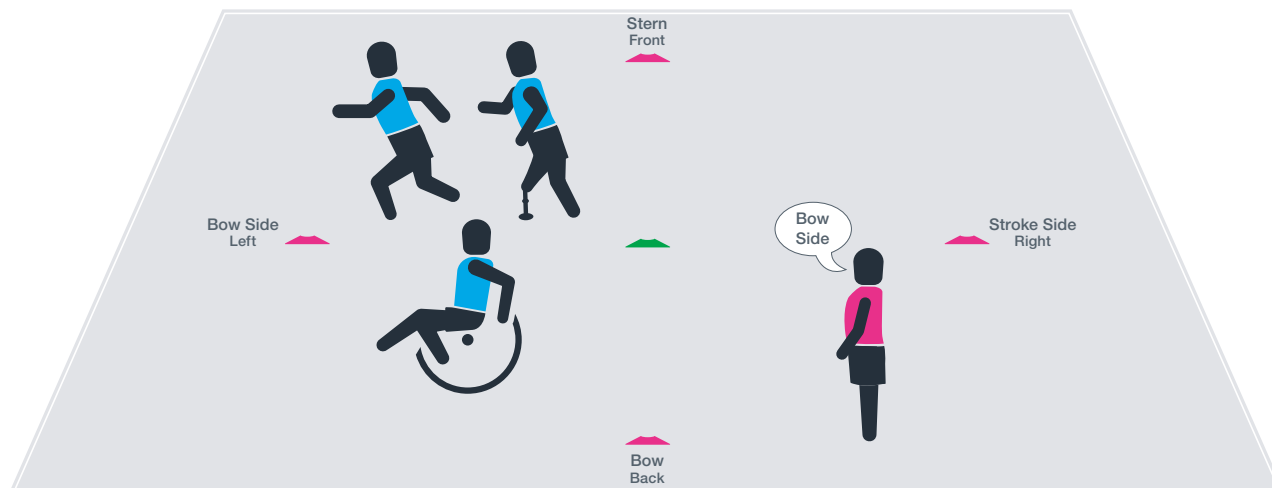
Find resources, training, indoor rowing opportunities and local clubs through [British Rowing](#).



Crew Sync

Can your crew listen, decide and move together?

PRIMARY



How to make it easier

- Start with front, back, left and right
- Introduce one rowing word at a time
- Use word or picture cards
- Move the cones closer together or walk instead of running

How to make it harder

- Call instructions more quickly
- Remove the word cards
- Change how the crew travels
- Give two instructions together, such as "Bow, skip!"
- Challenge the crew to arrive together and improve its score

Space required

- A clear indoor or outdoor space, ideally around 10m x 10m.

Estimated set-up time

- 2 minutes.

Difficulty level



Spirit of the Games



- What helped your crew decide where to go and move together?
- How did you help someone in your crew who wasn't sure which way to move?



- What did your crew do when you made a mistake?
- What helped you keep trying when the instructions became harder?

How to play

- Split into small crews and give each crew a starting cone
- Place four markers around the crew with rowing words: Bow, Stern, Stroke Side and Bow Side
- Choose a Cox
- The Cox calls one of the four rowing words
- Listen, decide where to go and move there together
- The Cox can also choose how the crew travels: walk, run, skip, hop or side-step
- Return to the middle and see how many calls the crew can complete correctly together
- Swap Coxes so different children can lead.

Leader role spotlight: The Cox

Your role is to: Call the rowing words, choose how the crew moves and encourage everyone to stay together. Swap Coxes so everyone gets a chance to lead.

Safety

- Check the space is clear before starting
- Leave plenty of room between crews
- Keep cones and markers far enough apart to avoid collisions
- Look where you are going and move under control
- Walk or side-step if the space is small.

Equipment required

 Cones or floor markers

 Optional rowing word cards: Bow, Stern, Stroke Side, Bow Side

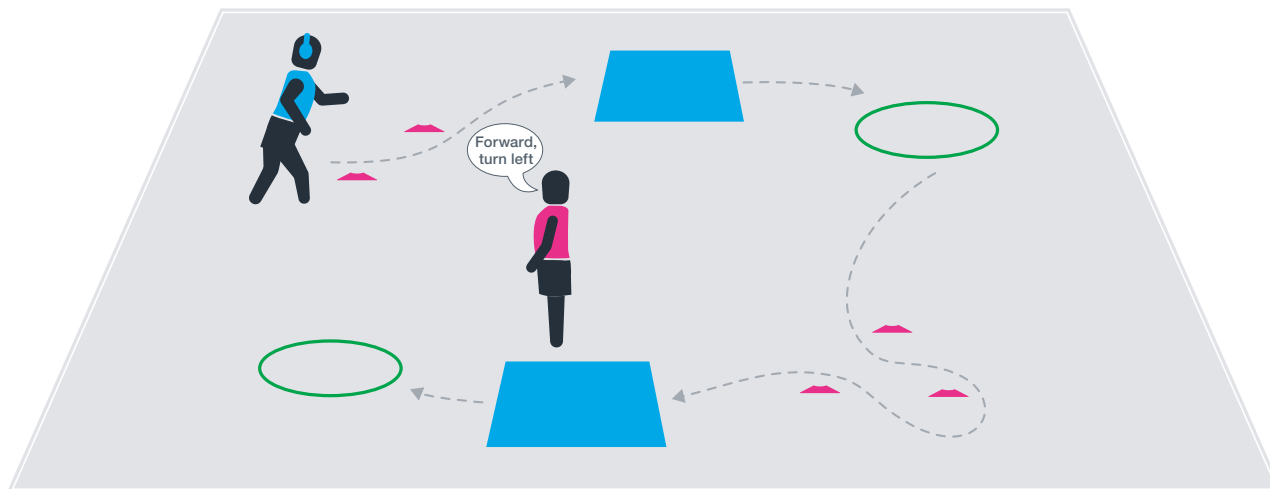




The Cox Challenge

Can you guide your rower safely through the course?

PRIMARY



How to play

- Use cones, hoops and mats to create a simple obstacle course
- Show everyone the course before starting
- Split into pairs: one Cox and one Rower
- The Cox guides the Rower using clear instructions such as forward, stop, turn, step over, go around and slow down
- The Cox stays close and does not complete the course for the Rower
- Try to complete the course without touching the obstacles
- Swap roles so everyone gets a turn
- Focus on communication, listening and working together.

Role spotlight: The Cox

Your role is to: Plan a safe route, give clear instructions, listen to your Rower and help them feel confident. Swap roles so everyone gets a chance to lead.

Safety

- Check the equipment and course before starting
- Leave plenty of space between pairs
- Use low, stable obstacles
- Only one pair should use each section of the course at a time
- If blindfolds are used, keep the course simple, slow and closely supervised by an adult
- Children can always choose not to use one.

Equipment required

 Cones
  Hoops
  Mats
 Other safe PE equipment to create obstacles
 Optional: wobble cushions / Optional: blindfolds

How to make it easier

- Use fewer obstacles or a shorter course
- Increase the space between obstacles
- Use arrows to show the route
- Let the Cox demonstrate movements as well as explain them
- Walk around the course together before starting

How to make it harder

- Add more obstacles or route choices
- Add movement challenges
- Limit the number of instructions the Cox can give
- Try again and improve the team score
- If appropriate, use a simple blindfolded version

Space required

- A clear indoor or outdoor space, ideally around 15m x 15m
- Leave plenty of space between each obstacle so pairs can move around the course safely.

Spirit of the Games



- What did your Cox say or do that helped you complete the course?
- How did you change the way you communicated when your partner wasn't sure what to do?



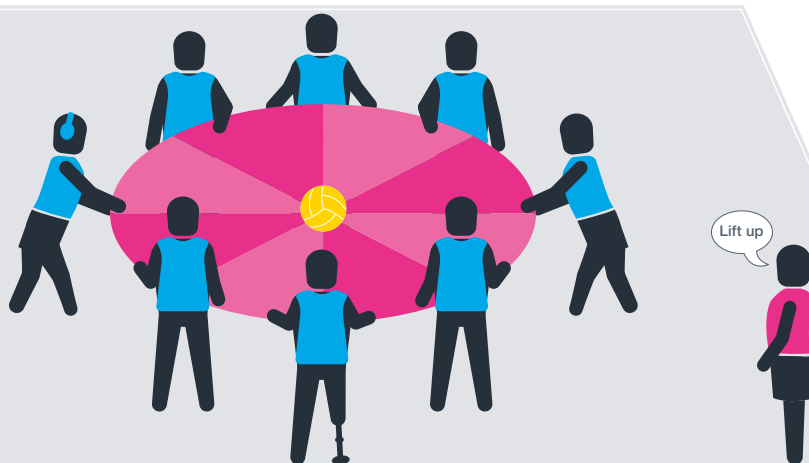
- How did you make sure your partner felt comfortable and confident?
- What did you learn about listening to and trusting someone else?



Crew Rhythm

Can your whole crew move together as one?

PRIMARY



How to make it easier

- Practise movements before using the parachute
- Start with simple instructions such as up, down and hold
- Use a slow count to help everyone move together
- Use fewer instructions or a smaller crew

How to make it harder

- Add a soft ball and try to keep it bouncing on the parachute
- Change between high and low movements
- Ask the Crew Caller to change the rhythm
- Complete a movement sequence from memory and try to improve your score

Estimated set-up time

- 2 minutes.

Difficulty level



Spirit of the Games



- What did you have to do to make sure everyone moved together?
- What happened to the parachute when your crew found the same rhythm?



- What did your crew do when you lost your rhythm or the ball fell off?
- How did you change what you were doing to improve your crew's next attempt?

How to play

- Open the parachute and ask everyone to stand evenly around it
- Everyone holds the edge with both hands
- Choose a Crew Caller
- The Caller gives instructions such as lift, lower, sit, stand, pull, push or hold
- Work together to keep the same rhythm
- Once the crew has found its rhythm, add movements such as a clap, turn or star jump
- Swap Crew Callers so different children can lead.

Leader role spotlight: Crew Caller

Your role is to: Choose and clearly call the movements, set the rhythm and encourage the crew to move together. Swap Callers so everyone gets a chance to lead.

Safety

- Make sure there is enough space to open the parachute fully
- Check the floor or ground is clear
- Space children evenly around the parachute
- Use a soft, lightweight ball
- Keep movements controlled and don't wrap the parachute around hands or bodies.

Equipment required

Parachute 1 soft ball Cones to mark the activity area

Space required

- A clear indoor or outdoor space, ideally around 15m x 15m, with enough room for the parachute to be fully opened
- A sports hall is ideal, but the activity can also be delivered outside on a flat grass surface in suitable weather
- The space can be made smaller or larger depending on the size of the parachute and number of children taking part.

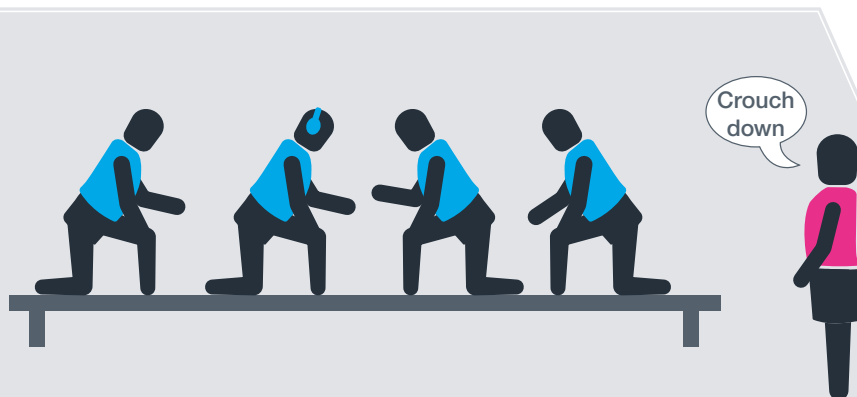




Balance the Boat

Can your crew stay balanced and move together?

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How to make it easier

- Use a large mat or hoops instead of a bench
- Give the crew more space
- Use simple movements and allow seated or standing options
- Give time to practise before completing movements together

How to make it harder

- Give the crew a sequence of 2–4 movements to remember
- Change the speed or rhythm
- Pass a beanbag along the crew without dropping it
- Try the challenge without a Cox and work together to stay coordinated

Space required

- A clear 10m x 10m indoor or outdoor space. A sports hall or flat grass area works well.

Estimated set-up time

- 2 minutes.

Difficulty level



Spirit of the Games



- What did your crew do to help everyone stay balanced and move together?
- How did communicating with each other improve your crew's performance?



- Which movement were you most proud of completing?
- What did you achieve that you weren't sure you could do when you started?

How to play

- Make a "boat" for each crew using a bench, mat, hoops or floor markers
- Crews of 4–6 get into their boat and choose a Cox
- The Cox calls out movements such as reach up, touch your head, reach side to side, lift one foot, crouch or turn
- The crew completes each movement together without leaving the boat
- Add a beanbag to pass along the crew if appropriate.
- Swap Coxes so different children can lead
- The aim is to balance, communicate and move together as a crew.

Leader role spotlight: The Cox

Your role is to: Call the movements, make sure everyone understands, encourage the crew and adapt the challenge when needed. Swap Coxes so everyone gets a chance to lead.

Safety

- Give the crew a sequence of 2–4 movements to remember
- Change the speed or rhythm
- Pass a beanbag along the crew without dropping it
- Try the challenge without a Cox and work together to stay coordinated.

Equipment required

 Benches, mats or hoops to create the "boats"

Optional:

 Rope or pole

 Beanbags

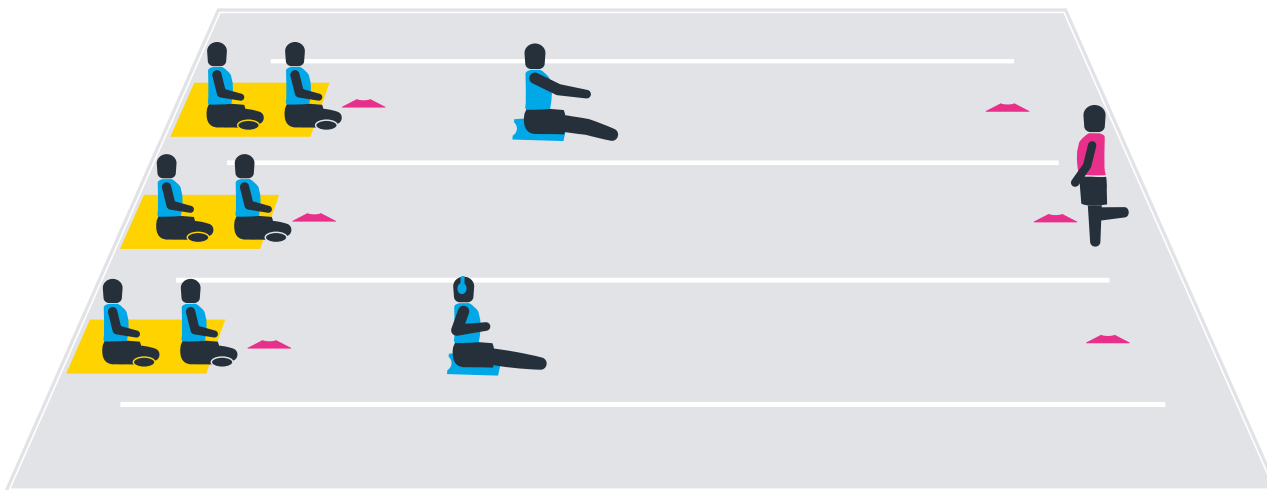




Beach Sprint Relay

Can your crew move, challenge and support each other?

PRIMARY



How to make it easier

- Shorten the course
- Walk, wheel, skip or side-step instead of running
- Replace the shuffle with a simple movement
- Use seated or standing movements and allow more time between turns

How to make it harder

- Add safe obstacles or movement challenges
- Change the way children travel on each round
- Complete a second attempt and try to improve
- Create a crew personal best rather than simply racing another team

Space required

- A clear indoor or outdoor space with enough room for children to travel safely between the crew start area and the challenge cone
- Ideally use a distance of up to 100m, but the course can be shortened to suit the available space.

Estimated set-up time

- 5 minutes.

Difficulty level



Spirit of the Games



- What helped you keep going when your turn became difficult?
- How did your crew help you give your best effort?



- What did your crew do while someone else was completing their turn?
- How could your crew make sure everyone feels supported and valued?

How to play

- Give each crew a starting cone and lane
- Place a challenge cone at the other end
- Give each child a bib to shuffle on
- One person at a time travels to the far cone and back, then tags the next person
- While someone is moving, the rest of the crew encourage them and stay involved
- Continue until everyone has had a turn
- The crew succeeds together — everyone's effort counts
- Swap or rotate the Crew Motivator role.

Leader role spotlight: Crew Motivator

Your role is to: Help everyone know when it is their turn, encourage the crew and celebrate effort as well as speed. Swap Motivators so everyone gets a chance to lead.

Safety

- Make sure each lane is clear and wide enough
- Leave enough space between crews
- Use low, stable obstacles
- Complete movements under control and tag gently
- Adapt the movement or challenge so everyone can take part.

Equipment required



Optional:

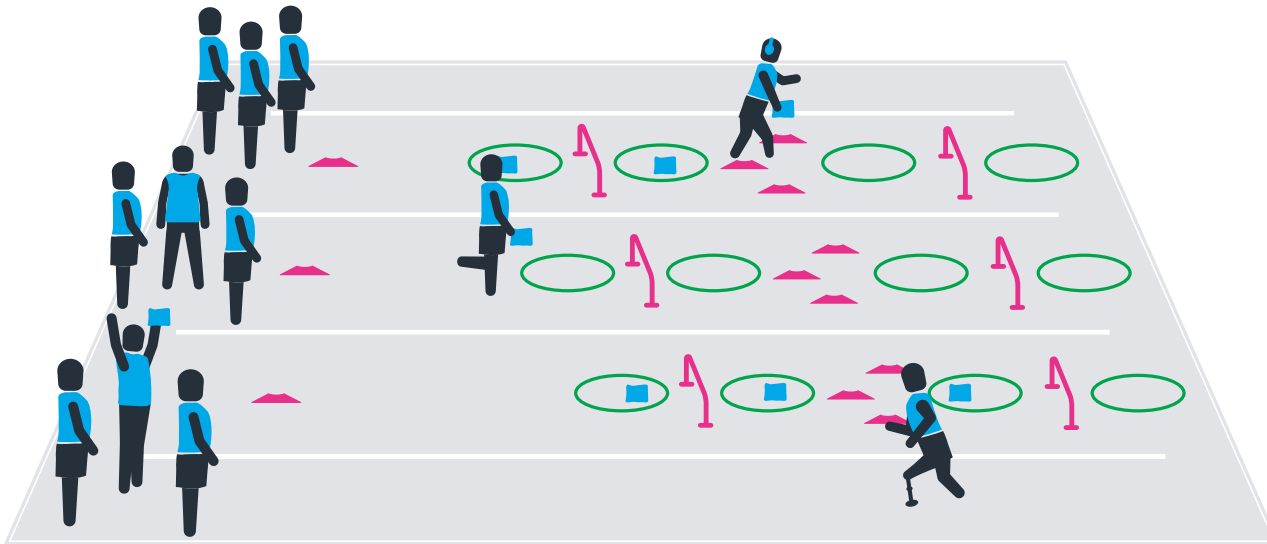




Rescue Mission

Can your crew work together to get everyone safely across?

PRIMARY



How to make it easier

- Use fewer or closer safe zones
- Remove some obstacles
- Use simple movements or walk/wheel through the course
- Place the beanbag in the hoop instead of throwing it
- Allow two people to complete the course together

How to make it harder

- Add more movement challenges
- Increase the distance between hoops
- Ask children to use different ways of moving
- Add a target throw or let the crew plan its own route

Space required

- A clear indoor or outdoor space, ideally around 15m x 15m.

Spirit of the Games



- How did your crew make sure everyone contributed to the rescue mission?
- What did you do to support someone who found part of the course difficult?



- What did you do when you found an obstacle or movement difficult?
- How did your crew keep going until everyone reached the Rescue Point?

How to play

- Give each crew a starting cone and a beanbag for each person
- Create a route with 4–5 hoops as safe zones and mark the final hoop as the Rescue Point
- Add simple movement challenges between the hoops
- One person travels through the course, completing the challenge and taking their beanbag to the first safe zone
- They return and tag the next person
- When everyone reaches one safe zone, move the beanbags to the next
- Keep working together until every beanbag reaches the Rescue Point
- Everyone must contribute to complete the mission.

Leader role spotlight: Rescue Leader

Your role is to: Make sure everyone understands the mission, gets a turn and stays safe. Keep track of progress and encourage the crew. Swap leaders so everyone gets a chance to lead.

Safety

- Check the route and equipment before starting
- Leave enough space between crews
- Use low, stable obstacles and move around them safely
- Wait until the person ahead has cleared an obstacle before starting
- Adapt the route or movement so everyone can take part.

Equipment required



Beanbags – one per crew member



4-5 hoops



Cones

Optional:



Low hurdles



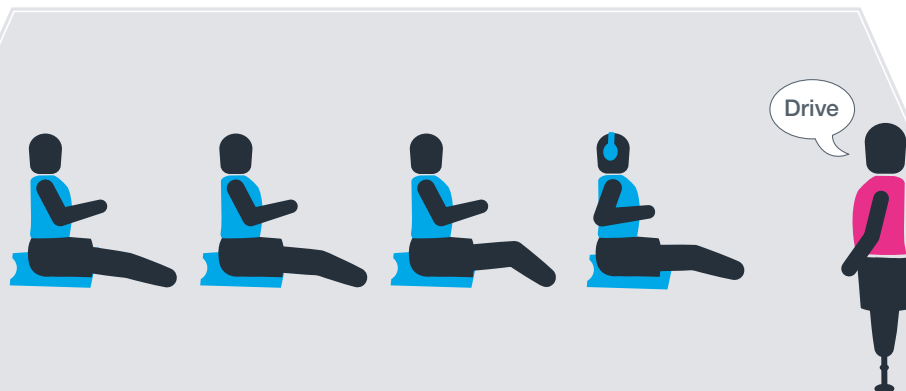
Movement cards





Row Together

PRIMARY



How to make it easier

- Practise without sliding first
- Start with just FORWARD and BACK
- Use a slow count to help everyone move together
- Use smaller crews or a stable seated position, mat or wheelchair

How to make it harder

- Complete 10, 15 or 20 movements in sync
- Change between slow and faster rhythms
- Use fewer instructions from the Cox
- Add a beanbag “passenger” and keep it in place

Estimated set-up time

- 2 minutes.

Difficulty level



Spirit of the Games



- What helped your whole crew move together?
- How did you support someone if they got out of time with the crew?



- What became easier once your crew had practised together?
- What did you achieve as a crew that you weren't sure you could do at the start?

How to play

- Each crew sits in a line, one behind the other, like a rowing boat
- Each child sits on a bib, towel or floor slider
- Choose a Cox
- The Cox calls READY, FORWARD, DRIVE, BACK
- On FORWARD, bend the knees and move forwards
- On DRIVE, push through the feet and slide backwards together
- On BACK, sit tall and prepare for the next movement
- Practise slowly, then count how many movements the crew can complete together.

Leader role spotlight: Cox

Your role is to: Call the movements, set the rhythm and encourage the crew to stay together. Swap Coxes so everyone gets a chance to lead.

Safety

- Check the floor is clean, clear and suitable for sliding
- Leave plenty of space between crews
- Use slow, controlled movements
- Never pull another person or their bib or towel
- Use a stable seated position or wheelchair if sliding isn't suitable.

Equipment required



Bibs, small towels or floor sliders – one per child



Optional:  Beanbag

Space required

- A clear indoor space, ideally around 10m x 10m, with a smooth, safe floor
- Each crew needs enough space to sit in a straight line, one behind the other, with plenty of room between crews
- Each child sits on a bib, small towel or floor slider so they can safely move forwards and backwards to recreate the movement and rhythm of a rowing crew.





Shipwreck Treasure Hunt

Can your crew work together to save the treasure from the island?

PRIMARY



How to make it easier

- Move the Shipwreck closer
- Allow children to collect any treasure
- Let children drag a bib filled with treasure
- Allow pairs to move together using a larger mat

How to make it harder

- Use larger or more awkward treasure
- Add moving obstacles
- Ask the crew to travel together as a linked group
- Add a time challenge and see how much treasure can be collected

Space required

- A clear indoor or outdoor space (approx. 10m x 10m).

Difficulty level



Estimated set-up time

- 2 minutes.

Spirit of the Games



- How did your crew communicate to steer around obstacles and collect the treasure?
- What did you do to help a teammate who was struggling to bum-shuffle with their treasure?



- What did your crew do if an object fell off your mat on the way back?
- How did you keep going when your legs and core got tired from shuffling?

How to play

- Split into crews of 3–5 and give each a starting cone
- Create a central “Shipwreck” with treasure and safe obstacles around it
- Give each child a mat or bib to sit on
- On GO, one person travels to the Shipwreck, keeping their bottom on their mat or bib
- Collect one piece of treasure and return it to the crew
- Tag the next person to go
- Work together to collect all your crew’s matching treasure
- Swap the Cox/Navigator role so different children can lead.

Leader role spotlight: The Cox / Navigator

Your role is to: Guide the crew around obstacles, give clear instructions and encourage everyone. Swap roles so everyone gets a chance to lead and navigate.

Safety

- Check the floor is dry and free from hazards
- Leave enough space between crew lanes
- Keep movements controlled and look where you are going
- Keep spare equipment out of moving pathways
- Keep bottoms on mats to prevent slipping or standing up mid-slide.

Equipment required

-  Cones or floor markers
-  Small objects to collect (beanbags, balls, small cones, or foam blocks)
-  Team bibs (used as “treasure bags” or floor sliders)
-  Exercise mats or floor gliders