



# Swimming for SGOs

PRIMARY

## What's unique about swimming

Swimming is a life-saving skill and a lifelong activity that promotes safety, fitness, and confidence in, on and around water. Aquatic activity is fully inclusive and supports the physical, mental, and emotional wellbeing of young people, enabling everyone to participate and progress in ways that meets their individual goals.

Swimming and aquatic activity align with the School Games vision of helping every young person achieve their personal best through sport and physical activity. As a multi discipline sport, aquatics develops resilience, self-belief, and essential water safety skills while encouraging teamwork, enjoyment, and lifelong participation. It also supports young people to develop the knowledge, skills and confidence needed to meet the national curriculum expectations for swimming and water safety.

## 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)



Engage new/target groups of young people (tackling inequalities)

Our three primary formats provide an inclusive and enjoyable introduction to aquatic activity, giving all young people—including non-swimmers and those with limited opportunities to swim outside school—the chance to take part and develop water confidence.

Through fun, team-based games, participants communicate, collaborate and support one another, helping to develop social connections, a sense of belonging and confidence regardless of ability. The formats encourage young people to celebrate personal achievements and shared successes while promoting positive attitudes towards being physically active. By engaging local swimming pools and lesson providers, the festival can also strengthen community partnerships and create pathways for continued participation beyond the School Games.

## Target group benefits



Ethnically diverse communities



Free school meals



Pupil premium



SEND



Targeted groups of young people

Swim England's primary formats support children who are not yet meeting the National Curriculum expectations for swimming and water safety. Through fun, inclusive activities, they help build water confidence, reinforce key water safety messages and encourage continued participation in swimming and other aquatic activities.

## It's just not swimming if you...

1

Don't get in the water – water-based movement is fundamental; aquatics must involve buoyancy, propulsion, but out of the water practice can support with knowledge and understanding and prepare participants for key swimming and safe self-rescue skills!

2

Don't have fun. Being in the water gives you a sense of freedom to move your body in different ways which aren't possible on land creating fun positive experiences!

3

Don't focus on water safety and confidence – swimming is more than a sport; it's a life skill!





### How to run inter-competition: Water Safety Festival (WSF)



#### How to set up

- Use the resource cards to select which activities you want to set up
  - Paddleboard cruising
  - Whirlpool run
  - Cold water catch
  - Wave tunnel
  - Funny floats
- Ensure adequate depth for activities selected
- Gather all required equipment ahead of the session
- Some activities require lane ropes to safely section off teams to race concurrently. Either run these activities first or last in the schedule to ensure smooth transitions between activities and equipment required
- Ensure that the lifeguard(s) are poolside before commencing the festival
- Deliver each activity as per the resource card, ensuring all teams have a go at all activities throughout the festival
- You may wish to ask schools to bring non-traditional swimming equipment with them such as empty bottles (lids on and labels removed) and balls
- Carry out a risk assessment before undertaking any of the activities contained in this resource. Further support can be found in the afPE resource “Safe Practice in PESSPA”
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#### Age group

KS2 (7-11 years old)



#### Gender

Mixed



#### Participant numbers

- Six to eight participants per team
- Two or four teams depending on available pool space
- The number of teams will depend on the maximum bather load of the pool and the venue’s risk assessment. Keeping participant numbers manageable allows for smoother transitions between activities, greater freedom of movement and increased activity time.



#### Target audience

Suitable for all young people. Swimmers and non-swimmers.

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#### Benefits for YP

Young people will:

- Develop teamwork, communication, and collaboration skills
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- Event organise – prepare and sort the equipment for each activity
- Team manage – ensure young people are in the correct place at the correct time, and lead the reflection questions at the end of each activity
- Coach – encourage participants to perform the skills correctly, and to the best of their ability.



## Progression

The water safety festival helps participants develop essential swimming and water safety skills in a fun and supportive environment. By building confidence in the water, it supports national curriculum outcomes and encourages young people to progress to further aquatic activities and competition.

All activities can be adapted using the suggestions provided on the resource cards, allowing the level of challenge to be increased and decreased to meet the needs of participants and support progression within this format itself.



### How to run inter-competition: Aquasplash Festival (AF)



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  - Equipment challenge
  - Float race
  - Blowtastic
  - Caterpillar race
  - Footy relay
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- Referee – oversee activities, encourage fair play and ensure participants tag gently where appropriate.



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Young people will:

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- Have fun, enjoy themselves and develop friendships
- Learn to manage self-control and emotions
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## Progression

The aquatics relay festival will improve swimming confidence and competence alongside introducing skills from other aquatic disciplines. Through the fun, yet competitive festival we hope young people will improve their confidence to participate in more challenging inter-school or group competitions.

All activities can be adapted using the suggestions provided on the resource cards, allowing the level of challenge to be increased and decreased to meet the needs of participants and support progression within this format itself.



### Additional support

Swimming is a fully inclusive sport. To support you to adapt your practice, check out the [SEND Inclusion Toolkit](#) co-created by 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

We have designed these formats with physical literacy at their heart. We want all young people to have a positive experience 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 ownership to your young people to have a positive experience with the activities to see their true value.

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

- If you have any questions relating to school swimming and water safety, please contact [Schoolswimming@swimming.org](mailto:Schoolswimming@swimming.org). The team can help you with your school games offer or help identify opportunities for young people to engage further within the sport
- There are eight Swim England regions. Each region is made up of the affiliated clubs and associations which are at the heart of our fantastic sports. The Swim England regions support the clubs affiliated to the region, the volunteers who run the clubs, and club members within their region to take part in their sport. If you are a member of a club, an affiliated club or just interested in finding out more, please visit your Swim England Region by [clicking on this link](#).

### Personal development

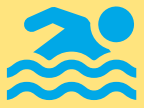
- The Swim England Learn to Swim Helper course is aimed at anyone aged 14 and upwards who wants to gain experience or volunteer in swimming lessons. It is perfect for those wishing to pursue a career in swimming teaching and sports management or anyone looking for volunteering and training opportunities as part of their Duke of Edinburgh Award or other volunteering programmes. To find out more, [click here](#)
- The Support Teacher of School Swimming Course is developed to help school teachers, school staff and volunteers in a school setting to gain the right skills and knowledge to deliver quality school swimming lessons to meet national curriculum requirements. To find out more, [click here](#).

### Where to participate next?

- Use PoolFinder to identify local swimming pools by [clicking here](#)
- Use the Swim England Club Finder to discover local clubs in your area, by [clicking on this link](#).

### Where to compete next?

- To find out more about competitive swimming opportunities visit our English Schools Swimming Association website, by [clicking here](#).



### Why swimming for your school?

Swimming and water safety is an essential element of the key stage two national curriculum. Swimming is a vital life skill which builds confidence and resilience in young people. The water provides a low-impact, full-body workout that improves cardiovascular health, coordination, and muscular strength in a fully inclusive environment. It supports mental well-being, reducing stress and anxiety while boosting focus and self-esteem. Swimming's unique individual and team-based nature, combined with the therapeutic benefits of water, helps schools develop healthy, motivated, and well-rounded pupils who strive to achieve their personal best.

### How to use activities in curriculum time

The Swim England School Swimming and Water Safety Charter provide free digital resources to support the delivery of school swimming and water safety lessons. The Charter includes certificates, videos, lesson plans, guidance documents and a range of classroom-based activities that develop key swimming skills and water safety knowledge away from the pool. To find out more, and to sign up, [click here](#).

In addition, Oak National Academy provides free swimming and water safety resources for all key stages. To find out more, [click here](#).

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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.

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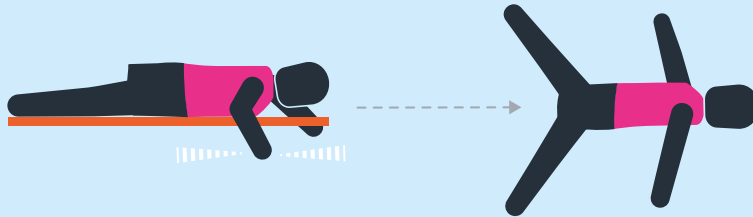
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# WSF: Paddleboard Cruising

PRIMARY






## How to play

- Participants lie on their front on a large float or floating mat simulating paddleboarding around the activity area. Alternatively, they can use two noodles (one under each arm)
- Using their arms to pull the water, they must move themselves through the water
- Ask the participants to identify some dangers they might find when taking part in water sports and activity in, on or around the water. Option to show photos of local water-based hazards
- The young leader, or teacher will shout a danger, for example, 'rip' and this will indicate the participant should fall into the water and perform a star float on their back
- Participants should hold the star float on their back for 10 seconds before regaining their position on their board or noodles and continue to paddle.

## Safety

- Follow your pool's risk assessment guidelines and Pool Safety Operating Procedures
- Ensure appropriate lifeguard supervision is in place
- Ensure participants are appropriately spaced
- Check the water depth is suitable for this activity
- Remain observant for floating mats covering the participants when they fall off the mats or floats.

## Equipment required

-  Floating mats or body boards
-  Lane ropes if required to section off the pool
-  Whistle
- Optional:
  - Floatation equipment; discs and noodles
  - Photos of local bodies of water and water-based hazards
  - Red beach flag
  - Speaker and microphone

## How to make it easier

- Perform in standing depth water
- Use larger floats that will provide more support
- Work in pairs or small groups on the floating mats to help each other move
- Decrease the distance paddled
- Perform star float on back whilst wearing or holding floatation equipment or standing in a star shape
- Give fewer "dangers" and easier to identify "dangers" e.g. big wave, cold water, red beach flag

## How to make it harder

- Use smaller floats which provide less support
- Paddle individually
- Float without floatation equipment when performing a star float on the back
- Make the activity area bigger
- Paddle for longer distances or longer period
- Give a greater number of "dangers" and harder to identify dangers e.g. Rip current, other paddle boarders

## Space required

- Swimming pool space (7m x 12m minimum) shallow end.

## Estimated set-up time

- 2 minutes.

## Difficulty level



## Spirit of the Games



- What did you enjoy most about being in the water today?
- What would make you want to try this activity again?



- What are you most proud of from today's activity?
- How did you surprise yourself today?



# WSF: Cold Water Catch

PRIMARY



## How to play

- This activity provides an opportunity to talk about cold water shock and allows participants to practice floating on their back
- Section off an area of the pool to play this activity within
- Nominate a quarter of the group to be “cold water” taggers
- Their role is to tag other participants, who once caught must adopt a star float position on their back to survive
- Star floats must be held for a count of 60 seconds (the amount of time it usually takes to get over cold water shock)
- The activity continues until everyone has been tagged and is floating on their back.

## Safety

- Follow your pool’s risk assessment guidelines and Pool Safety Operating Procedures
- Ensure appropriate lifeguard supervision is in place
- Ensure participants are appropriately spaced
- Check the water depth is suitable for this activity
- Remain observant for participants pushing others or being too firm when tagging others.

## Equipment required

 Lane ropes if required to section off the pool

 Whistle

- Optional:
  - Floatation equipment; discs and noodles
  - Speaker and microphone

## Space required

- Swimming pool space (7m x 12m minimum) shallow end.

## How to make it easier

- Perform in standing depth water
- Make the playing area smaller (easier for taggers)
- Increase the number of taggers (easier for tagger)
- Use floatation equipment (arm discs or noodles) to make the star float easier
- Allow swimming movement to be the participants choice

## How to make it harder

- Movement can include swimming and survival strokes
- Star float on the back without floatation equipment
- Make the playing area bigger (harder for the taggers)
- Have less taggers (harder for the taggers)
- Use deeper water for more able participants
- Tread water for 20 seconds after the 60 second star float

## Estimated set-up time

- 2 minutes.

## Difficulty level



## Spirit of the Games



- Did you have tactics to work as a team? What would you do differently next time you play?
- What is the one thing your team did well together today?



- Why is it important to be honest if you are tagged?
- When keeping yourself safe by following the water safety code, why is important to be honest and tell an adult where you are going?





# WSF: Funny Floats

PRIMARY



## How to play

- Participants move around the activity area using different methods of travel or swimming, aiming to avoid touching the equipment which has already been placed in the water
- When the young leader or teacher shouts a “danger” the participants move to the nearest piece of floating equipment which they think will support their body in the ‘Heat Escape Lessoning Position’
- The heat escape lessoning position is where the participant crosses their arms across their chest (or places the object on their chest and crosses their arms across the object), leans back slightly and presses their legs together with a bend at the knee keeping their head out of the water
- Participants can experiment to identify what items will support them in the water and help them in an emergency
- Public rescue equipment such as throw lines and life rings aren’t always available but lots of things can help you float
- Use different everyday items to help float. Use empty bottles, trainers, balls, flip flops, experiment with holding on and doing the heat escape lessoning position.

## Safety

- Follow your pool’s risk assessment guidelines and Pool Safety Operating Procedures
- Ensure appropriate lifeguard supervision is in place
- Ensure participants are appropriately spaced
- Check the water depth is suitable for this activity
- Check participants are balanced in the water before asking them to go into the ‘Heat Escape Lessoning Position’.

## Equipment required

- Different size and shaped floating objects e.g. balls, floats, empty bottles, flip flops
- Lane ropes if required to section off the pool
- Whistle
- Optional:
  - Floatation equipment; discs and noodles
  - Speaker and microphone

## Space required

- Swimming pool space (7m x 12m minimum) shallow end.

## How to make it easier

- Perform in standing depth water
- Make the playing area smaller, so it is easier to collect equipment
- Use large pieces of equipment to make the heat escape lessoning position easier
- Use floatation equipment (arm discs or noodles)
- Allow swimming movement to be the participants choice
- Hold the heat escape lessoning position for a shorter period

## How to make it harder

- Movement can include swimming and survival strokes
- Swim without flotation equipment
- Make the playing area bigger
- Have less floating equipment in the water
- Use deeper water for more able participants
- Perform the heat escape lessoning position for a longer period
- Perform the heat escape lessoning position in turbulent water (a partner creates “waves” by moving a float backwards and forwards at the surface of the water)

## Estimated set-up time

- 3 minutes.

## Spirit of the Games



- What made you determined to get to the piece of floating equipment?
- Can you think of a moment when you felt like giving up but chose to keep going? What helped you stay determined?

## Difficulty level



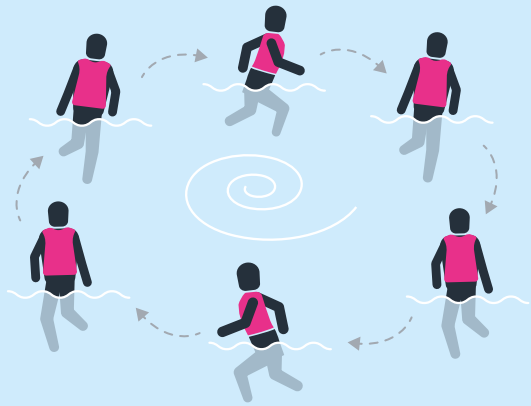
- Did you end up trying to collect the same equipment as other participants, if you did what action did you take to show respect?
- Did you communicate in a respectful way? If you did, what did you say?





# WSF: Whirlpool Run

PRIMARY



## How to play

- Currents can be powerful and are found in many water bodies, river flow, tidal currents, rip currents and flooding are all dangerous. This activity demonstrates how powerful water can be
- Before starting, ask participants to identify some local water-based dangers. These will be used in the activity to trigger actions
- Create a current in the pool by asking participants to form a circle in groups of six
- Ask all participants to move in the same direction around the circle, ideally running. This will create a strong current
- When the young leader or teacher shouts a 'danger' word, all participants perform a star float on their back
- They will feel themselves move in the current, so ensure there is sufficient space that participants do not collide with pool side, steps, lane ropes or other participants
- Challenge participants to hold their star float for as long as possible before repeating.

## Safety

- Follow your pool's risk assessment guidelines and Pool Safety Operating Procedures
- Ensure appropriate lifeguard supervision is in place
- Ensure participants are appropriately spaced
- Check the water depth is suitable for this activity
- Check participants are balanced in the water before asking them to go into a floating position or before creating turbulent water
- Ensure that participants aren't going to collide into walls, steps or other participants in the moving turbulent water.

## Equipment required

 Lane ropes if required to section off the pool

 Whistle

- Optional:
  - Floatation equipment; discs and noodles
  - Photos of local bodies of water and water-based hazards
  - Speaker and microphone



## How to make it easier

- Perform in shallower water
- Walk in a circle
- Use floatation equipment (arm discs or noodles) to make the star float easier
- Perform the star float on the back for a shorter period
- Perform less star floats

## How to make it harder

- Perform in chest deep water to make walking and running more difficult
- Run faster in a circle for stronger currents
- Change direction in the circle
- Have more participants in the circle
- Perform the star float for a longer period
- Perform different floats such as a tuck float or pencil float

## Space required

- Swimming pool space (7m x 12m minimum) shallow end.

## Estimated set-up time

- 2 minutes.

## Difficulty level



- How did you communicate with your team to create the currents when moving in a circle?
- What is one thing your team did well together today?

## Spirit of the Games

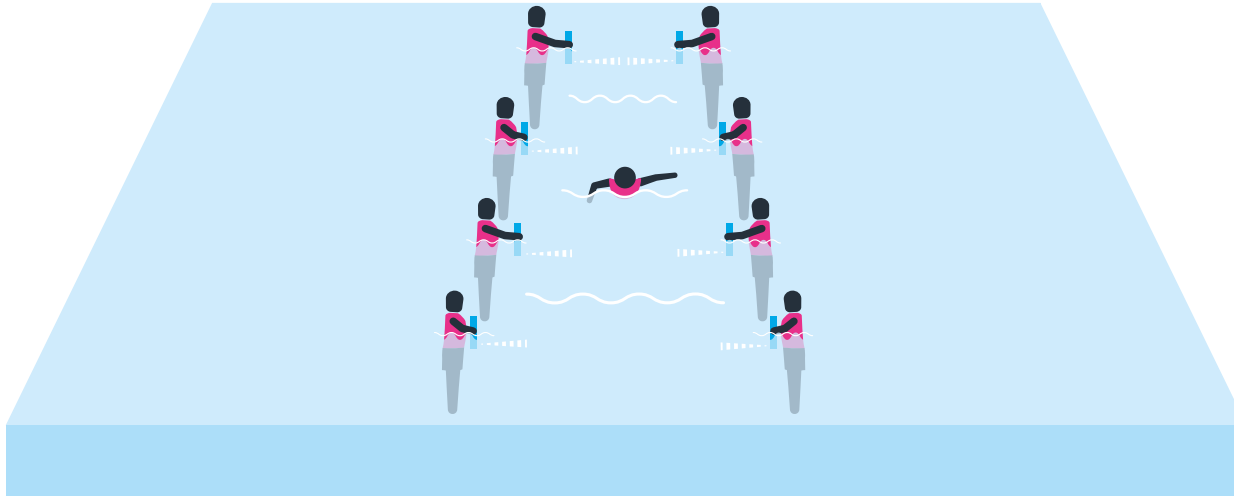


- Why do you think it is important to stay calm and relaxed in situations like this?
- Did you find any elements of the game difficult, what did you do to keep going? How did you demonstrate determination?



# WSF: Wave Tunnel

PRIMARY



## Space required

- Swimming pool space (7m x 12m minimum) shallow end.

## Estimated set-up time

- 2 minutes.

## Difficulty level



## Spirit of the Games



- How did you ensure that other participants in the game were happy and comfortable when they moved through the wave tunnel?
- Think about swimming in the sea. How might the waves impact your swimming ability?



- Was there a moment today when you surprised yourself with what you could do?
- How do you build confidence in your swimming ability, even when something feels hard?

## How to play

- Swimming in moving water can often be more challenging. This activity creates waves to float or swim in
- Create two lines of participants who face each other with a 2m space between the two lines (this is the tunnel)
- Each participant in line holds a float vertically with their hands
- The float should be half submerged in the water
- When the young leader or teacher instructs the participants in the lines, they should begin gently pushing the float backwards and forwards to simulate waves
- Once waves are created, participants take it in turns to move through the tunnel using their chosen method of travel
- Once they have completed the tunnel, they collect a float and start to create waves while the next participant moves through the tunnel
- Repeat this until everyone has had a turn.

## Safety

- Follow your pool's risk assessment guidelines and Pool Safety Operating Procedures
- Ensure appropriate lifeguard supervision is in place
- Ensure participants are appropriately spaced to allow participants to travel between the two lines
- Check the water depth is suitable for this activity
- Check participants are balanced in the water before asking them to go through the "wave tunnel"
- Remain observant for participants creating too many waves for the ability of the participants in the wave tunnel.

## Equipment required

- Floats
- Lane ropes if required to section off the pool
- Whistle

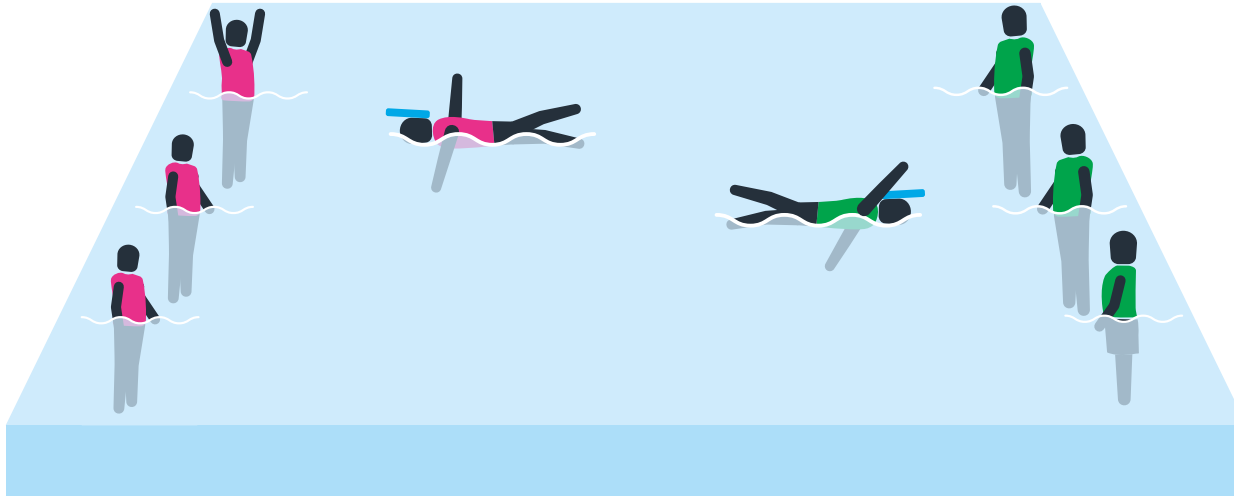
- Optional:
  - Floatation equipment; discs and noodles
  - Photos of local bodies of water and water-based hazards
  - Speaker and microphone





# WSF: Balancing Act

PRIMARY



## How to play

- This activity can be done individually, or as part of a team relay
- If participating individually, participants score points for how long they keep the float balanced on their head whilst travelling around the pool
- For the team relay, split each team equally between both ends of the pool
- The first participant from each team swims across the pool on their back, balancing the float on their head
- When they reach the side of the pool, they pass the float on to the next team member
- This continues until every participant has completed the relay
- The team that finishes first is the winner
- Pupils should not hold onto the float as they travel and should stop when passing the float on to the next person.

## Safety

- Follow your pool's risk assessment guidelines and Pool Safety Operating Procedures
- Ensure appropriate lifeguard supervision is in place
- Ensure participants are appropriately spaced
- Check the water depth is suitable for this activity
- Check participants can see where they are going or have additional support in the water to prevent collisions.

## Equipment required

-  Floats
-  Lane ropes if required to section off the pool
-  Whistle
- Optional:
  - Small or large rings
  - Floatation equipment; discs and noodles
  - Speaker and microphone

## Space required

- Swimming pool space (12m x 5m).

## How to make it easier

- Participants may walk, run or travel using a method of their choice
- Use a small ring or alternative equipment that fits firmly on the head to make it easier to balance
- Work as a team
- Reduce swimming distance

## How to make it harder

- Use a swimming stroke to move
- Participants balance more than one float
- Travel feet first using a sculling action with their hands and arms
- Work individually
- Increase swimming distance

## Estimated set-up time

- 2 minutes.

## Spirit of the Games



- How did you stay motivated to keep going when the float fell off?
- What was the most challenging part of today's swimming activity, and how did you push through it?



- Why is it important that the game rules are followed?
- Were you honest throughout the game? If someone else broke the rules, how does it make you feel?

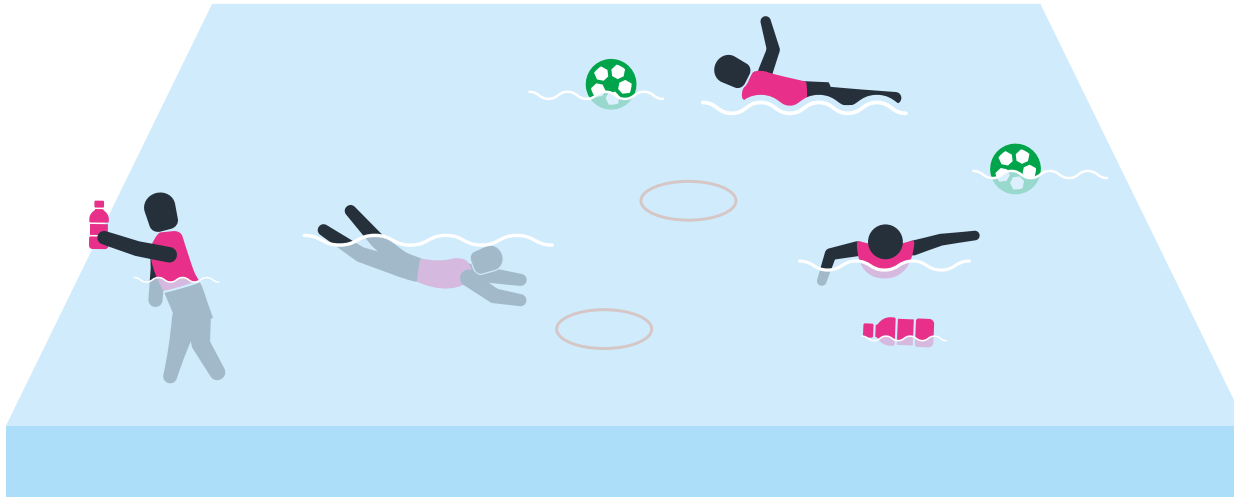
## Difficulty level





# AF: Equipment Challenge

PRIMARY



## How to make it easier

- Only use floating items
- Place items closer to the starting point
- Place items on a large floating mat
- Use fewer items
- Participants can collect multiple items in one go
- Participants can wear flotation equipment

## How to make it harder

- Use more, or only underwater items
- Place items further away
- Use more items
- Participants can only collect one item at a time
- Participants have to blow floating objects
- Use must swim
- Participants swim without flotation equipment

## Spirit of the Games



- Can you think of any items that can float that you could use in this game?
- Are any of your ideas eco-friendly or recycled equipment?



- How many items did you collect? What strategies did you use to keep going?
- How did you show self-belief that you could collect the equipment?

## How to play

- The aim of this activity is to collect equipment from the pool and return it to the side
- The equipment used can be a combination of floating and sinking equipment either within floating rings or randomly spaced
- This can be completed as a team or as individuals
- For the team relay, one participant from each team travels across the pool, collects a piece of equipment and moves it (in their selected manner) back to the side
- They tag the next participant, who travels out to collect a piece of equipment and moves it (in their selected manner) back to the side
- This carries on until all equipment is retrieved
- The team that finishes first is the winner.

## Safety

- Follow your pool's risk assessment guidelines and Pool Safety Operating Procedures
- Ensure appropriate lifeguard supervision is in place
- Ensure participants are appropriately spaced
- Check the water depth is suitable for this activity.

## Equipment required



Lots of different types of floating toys or equipment



Lane ropes if required to section off the pool



Whistle

- Optional:
  - Flotation equipment; discs and noodles
  - Speaker and microphone

## Space required

- Swimming pool space (7m x 12m minimum) shallow end.

## Estimated set-up time

- 2 minutes.

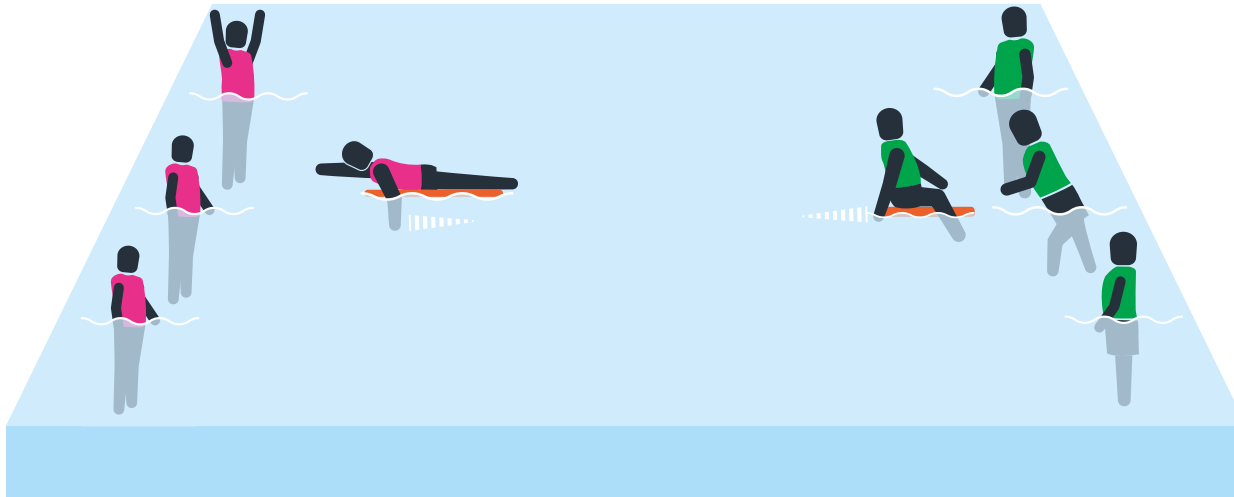
## Difficulty level





# AF: Float Race

PRIMARY



## How to make it easier

- Lie down on a large float
- Allow participants to use arms and, or legs when lying on a large float
- Reduce the distance travelled
- Work with a partner to help them move the float
- Allow participants to walk or travel holding the float

## How to make it harder

- Use a smaller float
- Participants must use a sculling action
- Challenge participants to change direction
- Increase the distance travelled

## How to play

- The aim of this activity is for participants to move themselves through the water whilst sitting or lying on a float, or large mat
- This can be done as individuals, with a partner, or in teams
- Participants sit or lie on a float or mat and use their hands to pull the water
- They must move themselves through the water to the end of a designated area
- If working in teams or pairs, you can use the same float or mat and swap once a turn is complete, or use separate floats tagging the next participant before they can take their turn
- The first team to reach the finish wins.

## Safety

- Follow your pool's risk assessment guidelines and Pool Safety Operating Procedures
- Ensure appropriate lifeguard supervision is in place
- Ensure participants are appropriately spaced
- Check the water depth is suitable for this activity
- Ensure participants are balanced in the water before asking them to sit or lie on a float or mat.

## Equipment required

- Large and small floats
- Lane ropes if required to section off the pool
- Whistle
- Optional:
  - Floatation equipment; discs and noodles
  - Speaker and microphone

## Space required

- Swimming pool space (12m x 5m).

## Estimated set-up time

- 2 minutes.

## Difficulty level



## Spirit of the Games



- How did you move on the float, was that allowed within the rules of the game? Did this show respect to other participants?
- How did you show respect to your teammates, opponents, or officials during the activity?

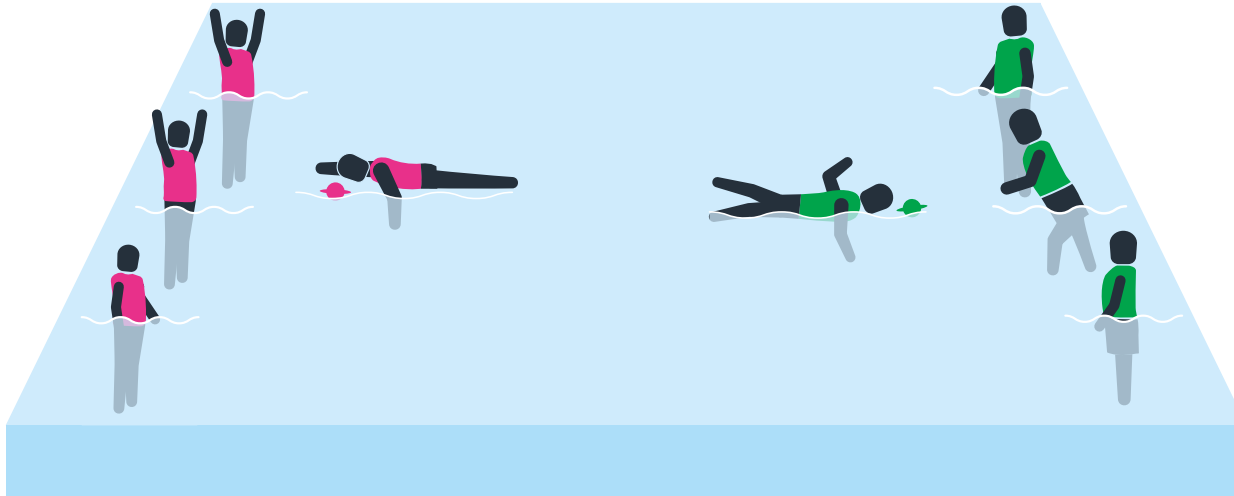


- Why did you choose to be honest and perform the skill correctly?
- What would you do if you accidentally broke the rules of the game?



# AF: Blowtastic

PRIMARY



## How to play

- The aim of this activity is to blow an egg flip, or other floating object across the pool
- This can be done as individuals, or in teams
- If working in teams, split each team equally between both ends of the pool
- The first participant swims blowing their egg flip over the designated distance to their teammate before tagging the next participant
- Each participant repeats the activity blowing the same egg flip until every team member has completed the relay
- The first team to finish wins.

## Safety

- Follow your pool's risk assessment guidelines and Pool Safety Operating Procedures
- Ensure appropriate lifeguard supervision is in place
- Ensure participants are appropriately spaced
- Check the water depth is suitable for this activity
- Ensure participants aren't blowing out too hard and they get chance to rest.

## Equipment required

- Egg flips
- Beach balls or large balls
- Floating toys
- Lane ropes if required to section off the pool
- Whistle
- Optional:
  - Floatation equipment; discs and noodles
  - Speaker and microphone

## Space required

- Swimming pool space (7m x 12m minimum) shallow end.

## How to make it easier

- Participants can use or wear flotation equipment
- Use larger items such as beach balls
- Participants walk rather than swim
- Participants can hold or tap the object
- Reduce the distance travelled

## How to make it harder

- Increase the distance travelled
- Participants use a water polo style stroke – e.g. head-up front crawl
- Participants race individually

## Estimated set-up time

- 2 minutes.

## Difficulty level



## Spirit of the Games



- How did you manage to stay close to the object to blow it across the pool?
- How did you stay determined when you felt like giving up?



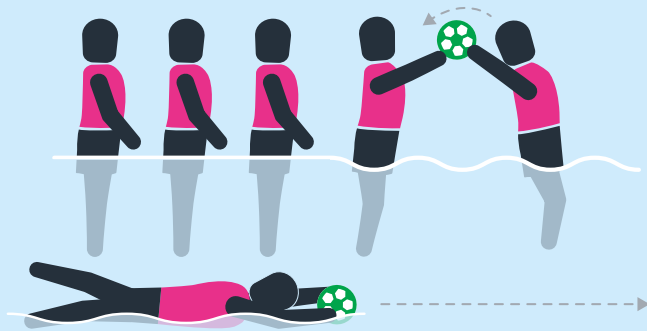
- How did you move the item, was that the way you planned to?
- Were you honest when moving the item and follow the rules of the game?





# AF: Caterpillar Race

PRIMARY



## How to play

- Divide participants into even teams with a minimum of six participants per team
- Ask each team to stand in a line, one behind each other
- The participant at the front of the line starts with a ball
- On the whistle, they pass the ball over their head to the next participant in line
- The ball is passed continually along the line until it reaches the final participant
- The participant at the back of the line travels to the front using front crawl leg kick, holding the ball out in front of them
- This is repeated until the person who started at the front of the line returns to the same position.

## Safety

- Follow your pool's risk assessment guidelines and Pool Safety Operating Procedures
- Ensure appropriate lifeguard supervision is in place
- Ensure participants are appropriately spaced
- Check the water depth is suitable for this activity.

## Equipment required

- Balls
- Lane ropes if required to section off the pool
- Whistle
- Optional:
  - Floatation equipment; discs and noodles
  - Speaker and microphone

## Space required

- Swimming pool space (7m x 12m minimum) shallow end.

## Estimated set-up time

- 2 minutes.

## Difficulty level



## How to make it easier

- Participants can use or wear floatation equipment
- Participants can use larger items such as beach balls
- Participants may pass the ball round the side
- Participants may walk or run to the front of the line

## How to make it harder

- Participants travel to the front using a water polo style stroke e.g. head-up front crawl
- Participants pass the ball with one hand
- Play in deep water, so participants must tread water whilst passing the ball

## Spirit of the Games



- How did you communicate with your team? What did you say? Did it make your team performance better?
- Did your team keep going even if you were not winning?



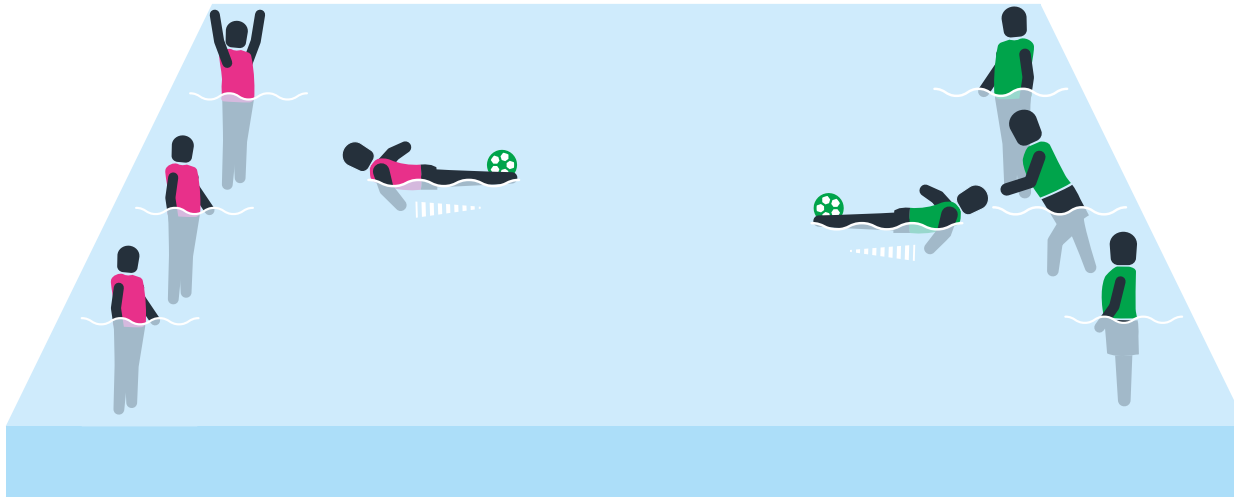
- How did you stay determined to do your best?
- What was the most challenging part of today's swimming activity, and what would you do differently if you could try again?





# AF: Footy Relay

PRIMARY






## How to play

- The aim of this activity is for participants to hold a ball between their feet and scull across the pool on their back
- This can be done as individuals, or in teams
- If working in teams, split each team equally between both ends of the pool
- The first participant holds a ball between their feet and sculls to the opposite end of the pool and tags the next participant
- Each participant repeats the activity, using the same ball, until every team member has completed the relay
- The first team to finish wins.

## Safety

- Follow your pool's risk assessment guidelines and Pool Safety Operating Procedures
- Ensure appropriate lifeguard supervision is in place
- Ensure participants are appropriately spaced
- Check the water depth is suitable for this activity
- Check participants are balanced in the water before asking them to go into a floating position

## Equipment required

-  Balls
-  Lane ropes if required to section off the pool
-  Whistle
- Optional:
  - Floatation equipment; discs and noodles
  - Speaker and microphone

## Space required

- Swimming pool space (7m x 12m minimum) shallow end.

## How to make it easier

- Participants can use flotation equipment to support them
- Use smaller items such as ball pit balls gripped with the feet
- Reduce the distance travelled
- Hold the ball with the hands, whilst kicking on the front
- Hold a float on the chest, whilst kicking on the back

## How to make it harder

- Keep the ball above the feet
- Scull feet-first
- Scull with the hands above the head
- Change direction
- Pass the ball to a partner's feet without standing up

## Estimated set-up time

- 2 minutes.

## Difficulty level



## Spirit of the Games



- How did you and your team support each other during the swimming activity?
- What is one thing your team did well together today?

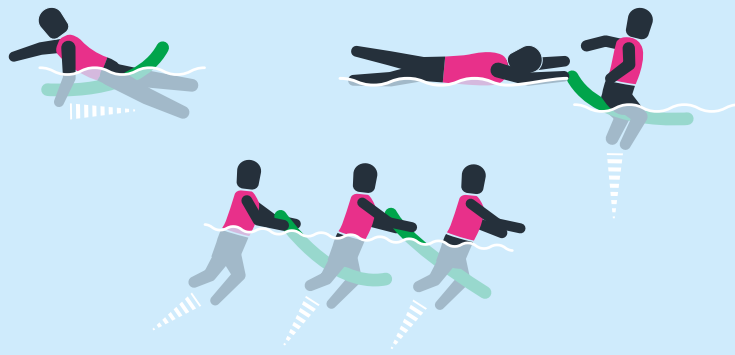


- Was there a moment today when you surprised yourself with what you could do?
- How do you build confidence in your swimming ability, even when something feels hard?



# AF: Cat and Mouse

PRIMARY



## How to play

- All participants sit on a noodle in a “seahorse” position
- Two participants are identified as “cats”
- The remaining participants are “mice”
- Participants move around the playing area in a manner that suits their abilities e.g. jumping, swimming, sculling
- The “cats” chase the “mice”
- When a mouse is tagged, they hold onto the back of the cat’s “tail” which is the noodle
- This creates a line of participants behind the “cat” (if other participants have been tagged then hold onto the “tail” of the participant at the back of the cat)
- The “cat” with the most “mice” in their line is the winner.

## Safety

- Follow your pool’s risk assessment guidelines and Pool Safety Operating Procedures
- Ensure appropriate lifeguard supervision is in place
- Ensure participants are appropriately spaced
- Check the water depth is suitable for this activity
- Check participants are balanced in the water before asking them to use a noodle in a ‘seahorse’ position.

## Equipment required

- Noodles
- Lane ropes if required to section off the pool
- Whistle
- Optional:
  - Floatation equipment; discs and noodles
  - Speaker and microphone

## Space required

- Swimming pool space (7m x 12m minimum) shallow end.

## How to make it easier

- Walk or jump
- Have more mice compared to cats (easier for mice)
- Have more cats than mice (easier for cats)
- Make the playing areas smaller (easier for cats)

## How to make it harder

- Cycle on the noodle
- Make the playing area bigger (harder for cats)

## Estimated set-up time

- 1 minute.

## Difficulty level



## Spirit of the Games



- Did you show self-belief to get away from the “cat”?
- Was there a moment today when you surprised yourself with what you could do?



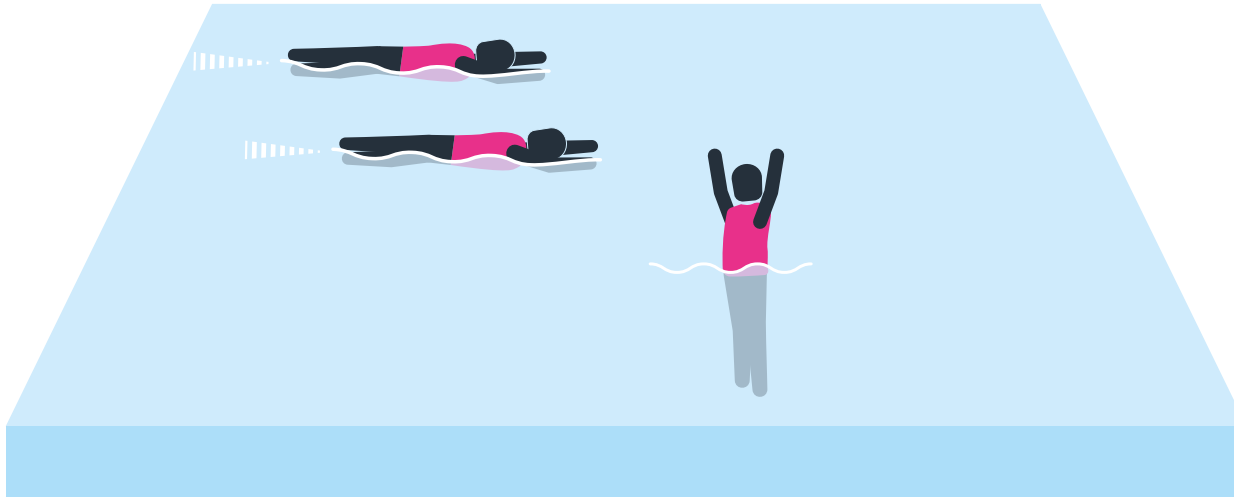
- Did you show passion to support the cat to catch others when you were caught? What did you do to help?
- How do you show your enthusiasm and energy during swimming activities?





# ARF: Push and Glide

PRIMARY



## How to play

- Line participants up against the wall
- When the whistle is blown, all participants perform a push and glide on their front with arms extended
- When they have stopped moving, they stand up
- The aim of the activity is to see who can push and glide the furthest
- This can be completed all together, or in groups if numbers are too large to do so safely.

## Safety

- Follow your pool's risk assessment guidelines and Pool Safety Operating Procedures
- Ensure appropriate lifeguard supervision is in place
- Ensure participants are appropriately spaced
- Check the water depth is suitable for this activity
- Ensure ability levels are appropriate for area of the pool.

## Equipment required

- ▬ Lane ropes if required to section off the pool
- 📖 Whistle
- Optional:
  - Floatation equipment; discs and noodles
  - Speaker and microphone

## Space required

- Swimming pool space (7m x 12m minimum) shallow end.

## Estimated set-up time

- 5 minutes.

## Difficulty level



## How to make it easier

- Participants can keep their arms by their sides
- Use flotation aids, arm discs or noodles

## How to make it harder

- Participants can perform a push and glide to the pool floor and hold the glide until they have stopped moving
- Participants can perform a push and glide on their front and log roll onto their back, holding the position until they have stopped moving

## Spirit of the Games



- How can honesty help build trust between teammates?
- What should you do if you accidentally break a rule during a game?

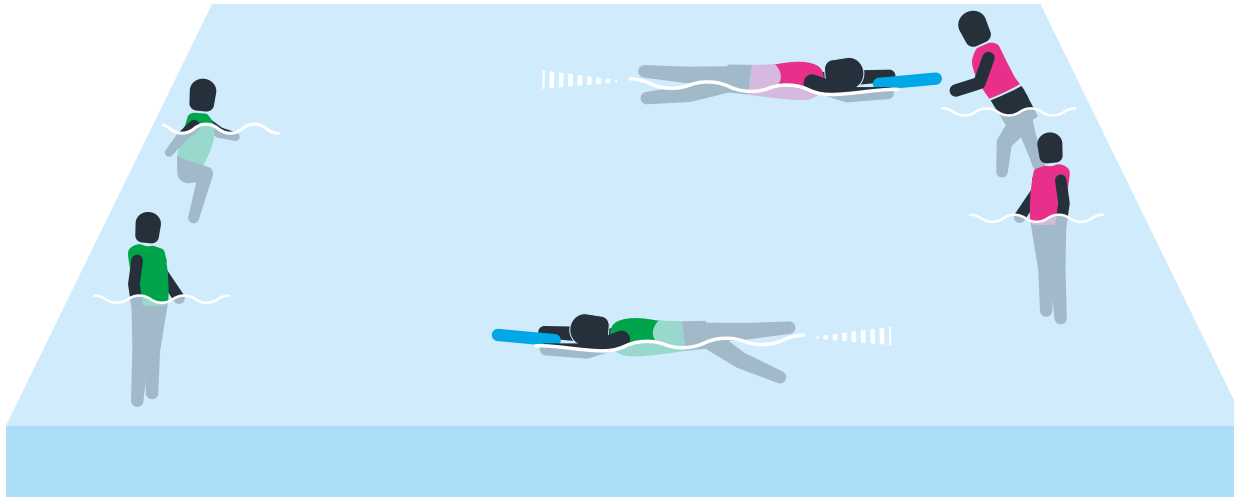


- Why is it important to show respect to the judges?
- How does being respectful make the activities more fun?



# ARF: Kick on the front with a float

PRIMARY






## How to play

- Divide participants into even teams with a minimum of four participants per team
- Split each team equally between both ends of the pool
- The first participant starts in the water at the wall
- When the race commences, they hold a float out in front, kick their legs using a front crawl or breaststroke leg action, and travel the designated distance to the next participant
- They hand over the float in the water, before the next participant travels in the same way back to the start to pass the float on to the next participant
- This continues until all participants have completed the relay
- The first team to reach the finish wins.

## Safety

- Follow your pool's risk assessment guidelines and Pool Safety Operating Procedures
- Ensure appropriate lifeguard supervision is in place
- Ensure participants are appropriately spaced
- Check the water depth is suitable for this activity
- Ensure ability levels are appropriate for area of the pool
- Ensure participants are warmed-up before completing the activity.

## Equipment required

-  Floats or kickboards
-  Lane ropes
-  Whistle
- Optional:
  - Floatation equipment; discs and noodles
  - Speaker and microphone

## Space required

- Swimming pool (25m is standard, but shorter or longer pools can be used)
- Space and distance required will depend on the ability and number of participants
- Minimum 10 metres x 5 metres
- Minimum depth 0.9m.



## How to make it easier

- Reduce the distance travelled
- Use flotation aids, arm discs or noodles
- Participants can complete the activity whilst walking and holding a float

## How to make it harder

- Increase the distance travelled
- Participants can kick with their arms extended and not use a float

## Estimated set-up time

- 5 minutes.

## Difficulty level



## Spirit of the Games



- Did you have tactics to work as a team?
- Do you think you would change your teams' tactics next time you complete this activity?

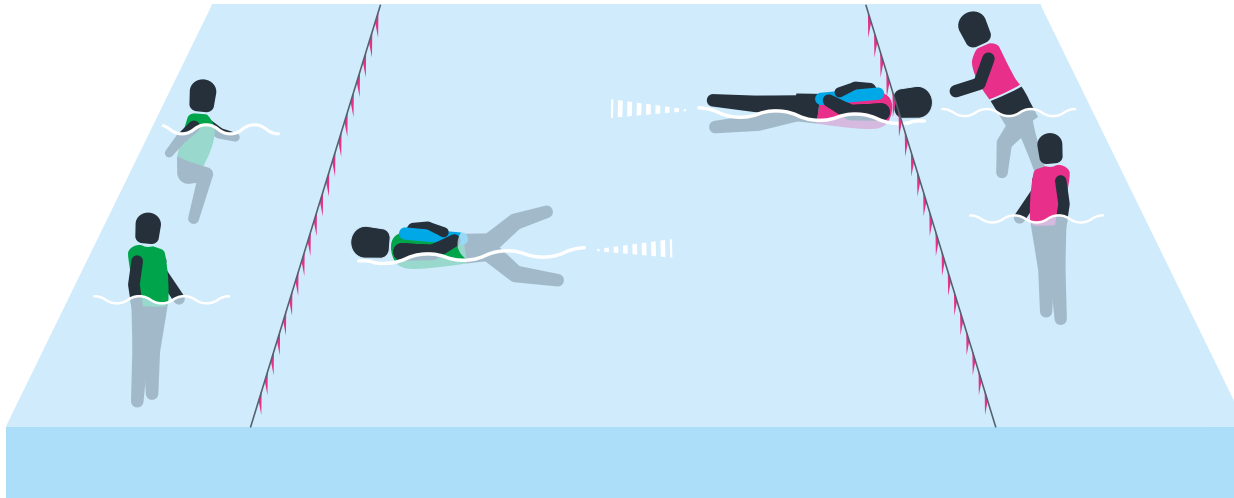


- What made you determined to complete the activity?
- Why is it important to keep going even if you don't win?



# ARF: Kicking race, on the back with a float

PRIMARY



## How to play

- Divide participants into even teams with a minimum of four participants per team
- Split each team equally between both ends of the pool
- The first participant starts in the water at the wall
- When the race commences, they hold a float across their chest, kick their legs using a backstroke or breaststroke leg action, and travel the designated distance to the next participant
- They hand over the float in the water, before the next participant travels in the same way back to the start to pass the float on to the next participant
- This continues until all participants have completed the relay
- The first team to reach the finish wins.

## Safety

- Follow your pool's risk assessment guidelines and Pool Safety Operating Procedures
- Ensure appropriate lifeguard supervision is in place
- Ensure participants are appropriately spaced
- Check the water depth is suitable for this activity
- Use backstroke flags and staff on poolside to avoid participants bumping their head on the wall
- Ensure ability levels are appropriate for area of the pool.

## Equipment required

- Floats or kickboards
- ▼ Backstroke flags
- ▨ Lane ropes
- 📖 Whistle
- Optional:
  - Floatation equipment; discs and noodles
  - Speaker and microphone

## How to make it easier

- Reduce the distance travelled
- Use flotation aids, arm discs or noodles
- Participants can complete the activity whilst walking and holding a float

## How to make it harder

- Increase the distance travelled
- Participants can kick with their arms extended and not use a float

## Space required

- Swimming pool (25m is standard, but shorter or longer pools can be used)
- Space and distance required will depend on the ability and number of participants
- Minimum 10 metres x 5 metres
- Minimum depth 0.9m.

## Estimated set-up time

- 5 minutes.

## Difficulty level



## Spirit of the Games



- How can you show respect to the other team, even if you win?
- How can we show respect to our teammates who might be struggling or having a bad day?



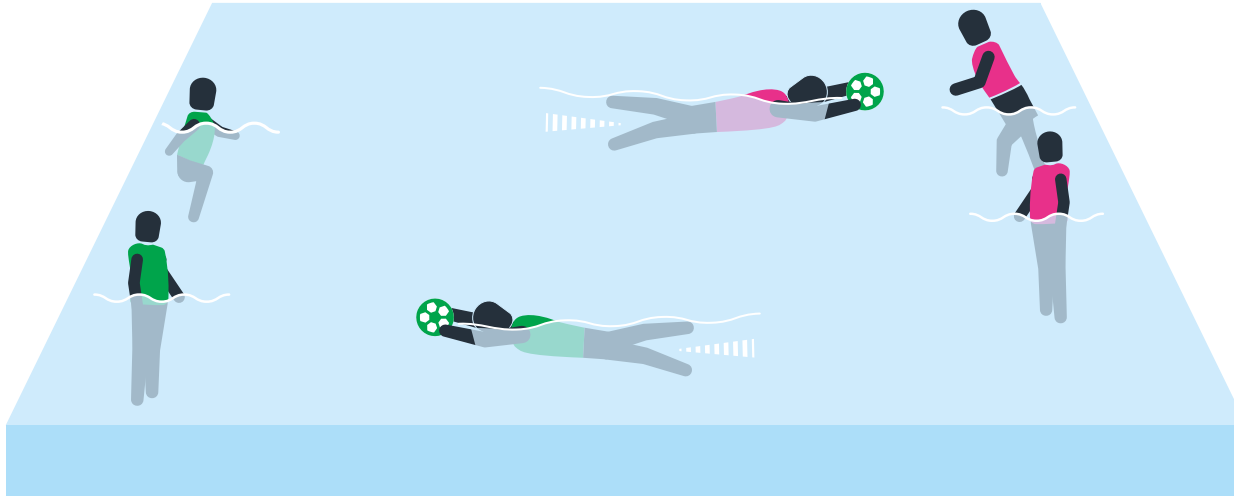
- How can honesty help build trust between teammates?
- What should you do if you accidentally break a rule during a game?





# ARF: Swim with a ball

PRIMARY



## How to play

- Divide participants into even teams with a minimum of four participants per team
- Split each team equally between both ends of the pool
- The first participant starts in the water at the wall
- When the race commences, they either kick (using a front crawl or breaststroke leg action) on their front whilst holding a ball outstretched, or swim front crawl, keeping a ball between their arms for the designated distance to the next participant
- They hand over the ball in the water, before the next participant begins their swim or kick with the ball in the same way back to the start to pass on to the next participant
- This continues until all participants have completed the relay
- The first team to reach the finish wins.

## Safety

- Follow your pool's risk assessment guidelines and Pool Safety Operating Procedures
- Ensure appropriate lifeguard supervision is in place
- Ensure participants are appropriately spaced
- Check the water depth is suitable for this activity

## Equipment required

-  Medium sized ball
-  Lane ropes
-  Whistle

- Optional:
  - Floatation equipment; discs and noodles
  - Speaker and microphone

## How to make it easier

- Reduce the distance travelled
- Use flotation aids, arm discs or noodles
- Participants can complete the activity whilst walking and pushing a ball across without using their hands, e.g. push the ball with your nose

## How to make it harder

- Increase the distance travelled
- Allow front crawl only

## Space required

- Swimming pool (25m is standard, but shorter or longer pools can be used)
- Space and distance required will depend on the ability and number of participants
- Minimum 10 metres x 5 metres
- Minimum depth 0.9m.

## Estimated set-up time

- 5 minutes.

## Difficulty level



## Spirit of the Games



- How do you feel when you try a new activity?
- How can believing in yourself help you improve your swimming?



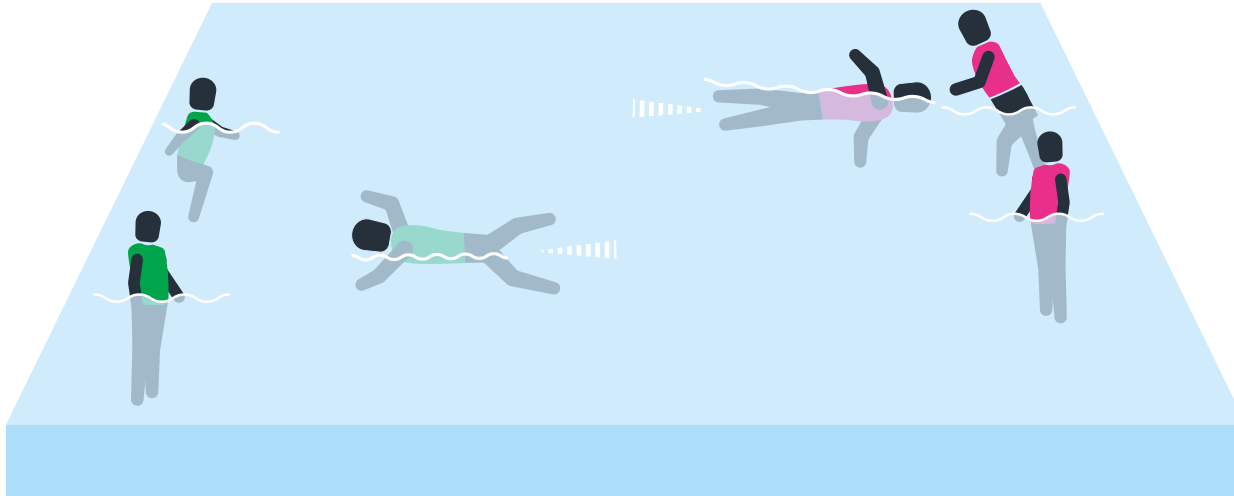
- Why is teamwork important when taking part in a relay race?
- How can you support one of your teammates who is feeling sad or upset?





# ARF: Swim on the front

PRIMARY



## How to play

- Divide participants into even teams with a minimum of four participants per team
- Split each team equally between both ends of the pool
- The first participant starts in the water at the wall
- When the race commences, they swim the required distance using any stroke on the front until they reach the next person in the team (who is waiting in the water) and tag them on their hand
- The next participant completes the same task, tagging the next participant in the water by the hand
- This continues until all participants have completed the relay
- The first team to reach the finish wins.

## Safety

- Follow your pool's risk assessment guidelines and Pool Safety Operating Procedures
- Ensure appropriate lifeguard supervision is in place
- Ensure participants are appropriately spaced
- Check the water depth is suitable for this activity
- Ensure ability levels are appropriate for area of the pool.

## Equipment required

- Lane ropes
- Whistle
- Optional:
  - Floatation equipment; discs and noodles
  - Speaker and microphone

## Space required

- Swimming pool (25m is standard, but shorter or longer pools can be used)
- Space and distance required will depend on the ability and number of participants
- Minimum 10 metres x 5 metres
- Minimum depth 0.9m.

## How to make it easier

- Reduce the distance travelled
- Use flotation aids, arm discs or noodles
- Participants can swim long arm front paddle
- Participants can jump forward across the designated area

## How to make it harder

- Increase the distance travelled
- Participants can swim on the front using head-up front crawl

## Estimated set-up time

- 5 minutes.

## Difficulty level



## Spirit of the Games



- What should you do if you start to doubt yourself before one of the activities?
- How do you keep positive when you feel nervous before an activity?



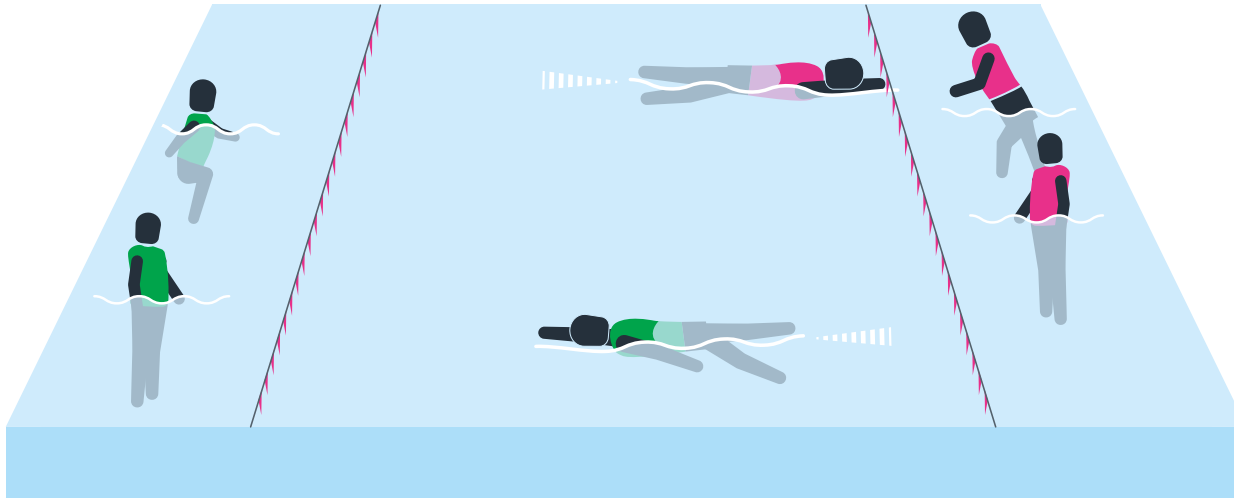
- Why it is important to keep practicing a skill even though you can already do it?
- How do you encourage your teammates to perform to the best of their ability when they are finding it hard?





# ARF: Swim on the back

PRIMARY





## How to play

- Divide participants into even teams with a minimum of four participants per team
- Split each team equally between both ends of the pool
- The first participant starts in the water at the wall
- When the race commences, they swim the required distance using any stroke on the back until they reach the next person in the team (who is waiting in the water) and tag them on their hand
- The next participant completes the same task, tagging the next participant in the water by the hand
- This continues until all participants have completed the relay
- The first team to reach the finish wins.

## Safety

- Follow your pool's risk assessment guidelines and Pool Safety Operating Procedures
- Ensure appropriate lifeguard supervision is in place
- Ensure participants are appropriately spaced
- Check the water depth is suitable for this activity
- Use backstroke flags and staff on poolside to avoid participants bumping their head on the wall
- Ensure ability levels are appropriate for area of the pool.

## Equipment required

-  Backstroke flags
-  Lane ropes
-  Whistle

- Optional:
  - Floatation equipment; discs and noodles
  - Speaker and microphone

## Space required

- Swimming pool (25m is standard, but shorter or longer pools can be used)
- Space and distance required will depend on the ability and number of participants
- Minimum 10 metres x 5 metres
- Minimum depth 0.9m.

## How to make it easier

- Reduce the distance travelled
- Use flotation aids, arm discs or noodles
- Participants can swim back paddle
- Participants can jump backwards across the designated area

## How to make it harder

- Increase the distance travelled
- Participants can swim on their back using survival backstroke (double arm backstroke with a breaststroke leg action)

## Estimated set-up time

- 5 minutes.

## Difficulty level



## Spirit of the Games



- Why is it important to work as part of a team in these activities?
- How do you feel when you work as part of a team?



- How can you support a teammate who is not feeling passionate about taking part?
- Why is it important to keep practicing an activity that you are passionate about?





# ARF: Team Rescue

PRIMARY



## How to make it easier

- Reduce the distance travelled
- Use flotation aids, arm discs or noodles
- Participants can complete the activity whilst walking or running holding the large floating mat

## How to make it harder

- Increase the distance travelled
- A sinking object can be retrieved from the pool floor and placed on to the mat before the next participant joins. This must stay on the mat

## Estimated set-up time

- 5 minutes.

## Difficulty level



## Spirit of the Games



- What does it mean to try your best for your team?
- How does it feel when you have worked hard to achieve something that you found difficult?



- What are some positive words that you can say to encourage your teammates?
- What makes a strong team?

## How to play

- Divide participants into even teams with a minimum of four participants per team
- Split each team equally between both ends of the pool
- The first participant starts in the water at the wall with a large floating mat
- When the race commences, they swim or kick to the next participant (who is waiting in the water)
- The next participant joins them for the return journey, holding the mat, to return and collect the next participant
- This continues until all participants have been collected, and the large mat returned to the finishing point
- The first team to finish with all participants wins.

## Safety

- Follow your pool's risk assessment guidelines and Pool Safety Operating Procedures
- Ensure appropriate lifeguard supervision is in place
- Ensure participants are appropriately spaced
- Check the water depth is suitable for this activity
- Ensure ability levels are appropriate for area of the pool
- Ensure the large floating mat is safely used.

## Equipment required



Large floating mat



Lane ropes



Whistle

- Optional:
  - Flotation equipment; discs and noodles
  - Speaker and microphone

## Space required

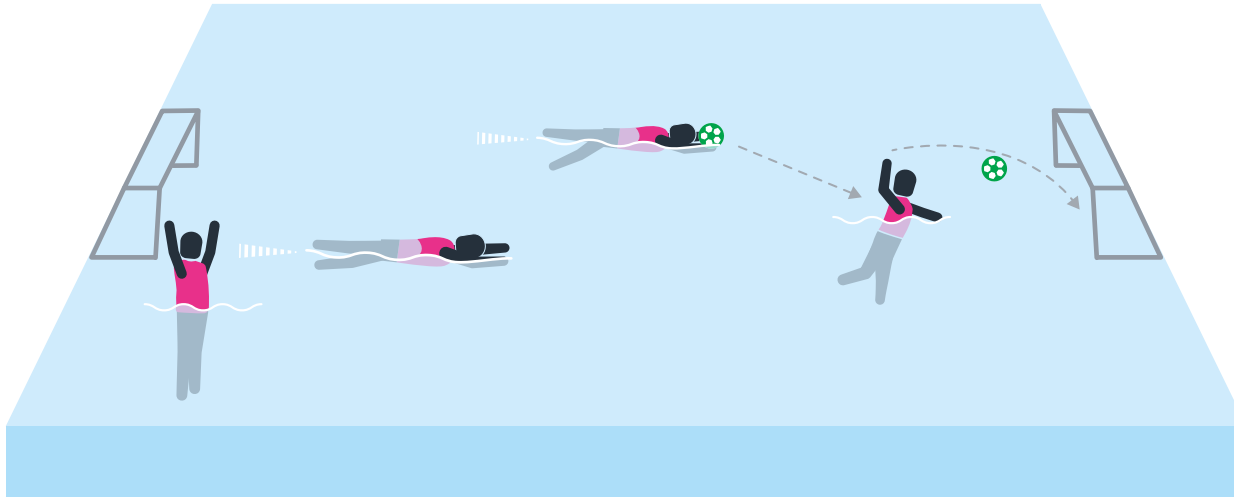
- Swimming pool (25m is standard, but shorter or longer pools can be used)
- Space and distance required will depend on the ability and number of participants
- Minimum 10 metres x 5 metres
- Minimum depth 0.9m.





# ARF: Swim & Shoot

PRIMARY



## How to make it easier

- Reduce the distance travelled
- Use flotation aids, arm discs or noodles
- Participants can kick whilst holding the ball
- Shoot from a closer distance

## How to make it harder

- Increase the distance used
- Participants cannot touch the ball with their hands whilst swimming
- Participants can only shoot using one hand

## Space required

- Swimming pool (25m is standard, but shorter or longer pools can be used)
- Space and distance required will depend on the ability and number of participants
- Minimum 10 metres x 5 metres
- Minimum depth 0.9m.

## Estimated set-up time

- 5 minutes.

## Difficulty level



## Spirit of the Games



- How would you share your love of aquatics with friends and family?
- How does it make you feel when you are passionate about a sport?



- Did you wait for your teammate to tag you before beginning your activity?
- What would you say to a teammate who did not wait to be tagged before they began their activity?

## How to play

- Set up a goal or target area using mini polo goals, or floats and cones for teams to shoot into at each end of the designated playing area
- Divide participants into even teams with a minimum of four participants per team
- Split each team equally between both ends of the pool
- The first participant starts in the water at the wall
- When the race commences, they swim keeping the ball in front of them until they reach the end of the required distance. They pick up the ball and shoot into the goal or target
- The next participant (who is waiting in the water) then collects the ball, and swims in the same way back to the other end of the designated area. They shoot on goal before passing the ball on to the next participant
- This continues until all participants have had a go
- The first team to reach the finish wins.

## Safety

- Follow your pool's risk assessment guidelines and Pool Safety Operating Procedures
- Ensure appropriate lifeguard supervision is in place
- Ensure participants are appropriately spaced
- Check the water depth is suitable for this activity
- Ensure ability levels are appropriate for area of the pool
- If using water polo nets, ensure they are set up safely using the instructions provided and they do not obstruct entry points.

## Equipment required

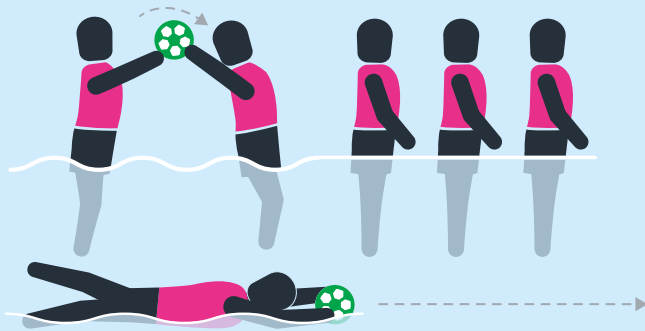
- Floats
- Medium sized ball or water polo ball
- Water polo goals or target
- Lane ropes
- Whistle
- Optional:
  - Flotation equipment; discs and noodles
  - Speaker and microphone





# ARF: Pass over

PRIMARY






## How to play

- Divide participants into even teams with a minimum of four participants per team
- Ask each team to stand in a line, one behind each other
- The participant at the front of the line starts with a ball
- On the whistle, they pass the ball over their head to the next participant in line
- The ball is passed continually along the line until it reaches the final participant
- The participant at the back of the line swims to the front of the line to repeat the process
- This continues until the person who started at the front of the line returns to the same position
- The first team back to the original line up wins.

## Safety

- Follow your pool's risk assessment guidelines and Pool Safety Operating Procedures
- Ensure appropriate lifeguard supervision is in place
- Ensure participants are appropriately spaced
- Check the water depth is suitable for this activity
- Ensure ability levels are appropriate for area of the pool.

## Equipment required

-  Medium sized ball
-  Lane ropes
-  Whistle
- Optional:
  - Floatation equipment; discs and noodles
  - Speaker and microphone

## Space required

- Swimming pool (25m is standard, but shorter or longer pools can be used)
- Space and distance required will depend on the ability and number of participants
- Minimum 10 metres x 5 metres
- Minimum depth 0.9m.

## How to make it easier

- Participants can turn and face the next participant when passing the ball
- Participants can walk or run to the front of the line

## How to make it harder

- More advanced swimmers could perform this in deeper water, completing the activity whilst treading water
- Play over under. So, when one participant passes the ball over their head, the next participant passes the ball under the water through their legs to the next participant

## Estimated set-up time

- 5 minutes.

## Difficulty level



## Spirit of the Games



- What should you do if you see one of your teammates being dishonest during the activity?
- What should you do if you accidentally break a rule during an activity?



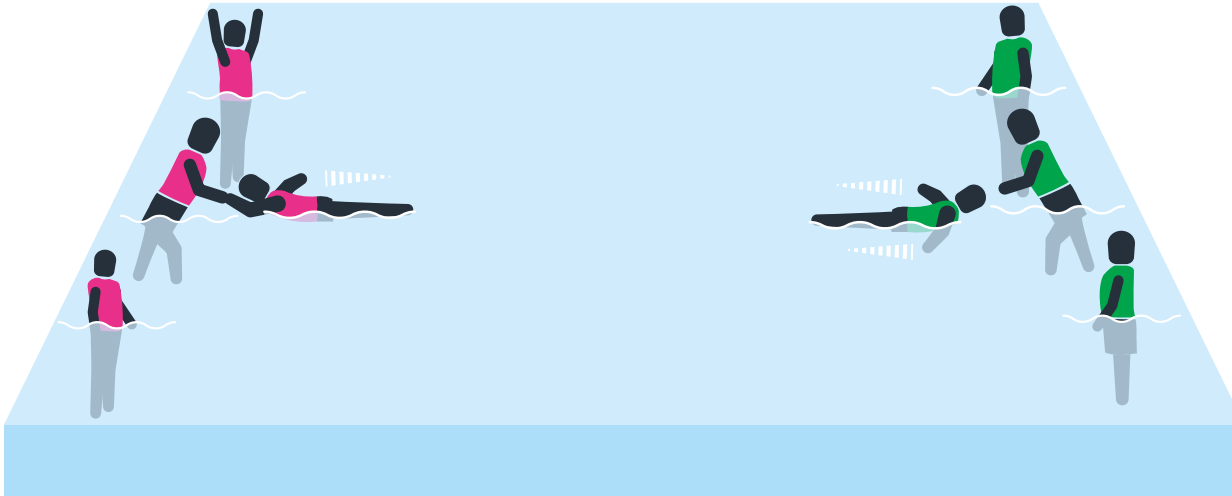
- How do you show respect to your teammates?
- Why is showing respect to other people important?





# ARF: Sculling

PRIMARY



## How to make it easier

- Reduce the distance travelled
- Use flotation aids, arm discs or noodles

## How to make it harder

- Increase the distance travelled
- Participants complete feet-first sculling

## Estimated set-up time

- 5 minutes.

## Difficulty level



## Spirit of the Games



- How can your team strengthen its team working skills?
- How can you support a team member who is finding a certain activity difficult?



- What have you done today that has made you feel proud?
- How would you share your self-belief with others who are not feeling as confident?

## How to play

- Divide participants into even teams with a minimum of four participants per team
- Split each team equally between both ends of the pool
- The first participant starts in the water facing the wall
- When the whistle blows, they complete headfirst sculling to the next participant at the end of the designated area, who is waiting in the water
- Once tagged, on the hand, the second participant performs headfirst sculling to the third participant
- This continues until every team member has completed the relay
- The first team to finish wins.

## Safety

- Follow your pool's risk assessment guidelines and Pool Safety Operating Procedures
- Ensure appropriate lifeguard supervision is in place
- Ensure participants are appropriately spaced
- Check the water depth is suitable for this activity
- Use backstroke flags and staff on poolside to avoid participants bumping their head on the wall
- Ensure ability levels are appropriate for area of the pool.

## Equipment required



Backstroke flags



Lane ropes



Whistle

- Optional:
  - Flotation equipment; discs and noodles
  - Speaker and microphone

## Space required

- Swimming pool (25m is standard, but shorter or longer pools can be used)
- Space and distance required will depend on the ability and number of participants
- Minimum 10 metres x 5 metres
- Minimum depth 0.9m.

