

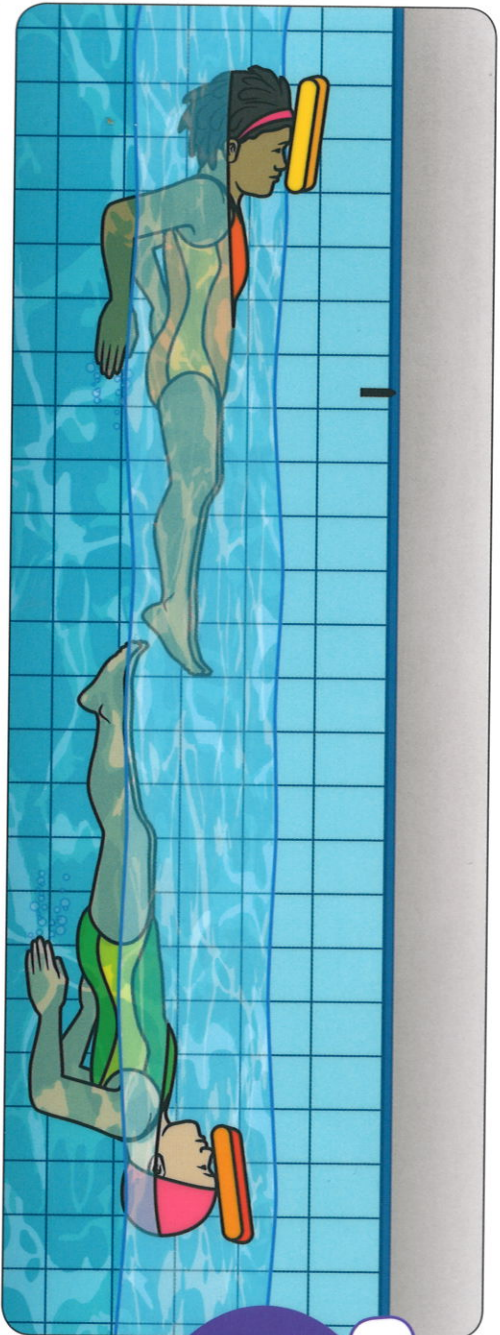
Balancing Act

Activity

Swimmers balance a float on their heads whilst travelling around the pool. This could also be undertaken as part of a team relay race

Competition challenges

- > How far can you go without the float falling off?
- > How fast can you go without the float falling off?
- > Can you beat this time and distance?
- > How fast can your team complete the task? Can you beat this time by 1, 2 seconds etc?
- > How many floats can your team finish with?



Equipment

- Floats
- Small rubber rings

Adaptations

Making it easier -

- Swimmers may walk or run
- Use a small ring that fits firmly on the head

Making it harder +

- Swimmers to use different arm and leg movements
- Swimmers must balance more than one float

Challenge

Challenge the swimmers to balance more floats and swim across the pool