

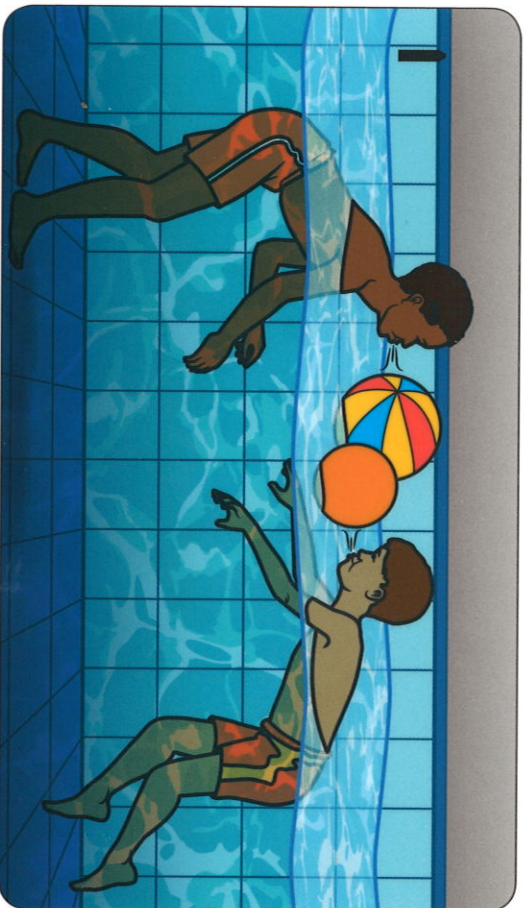
# Blowtastic

## Activity

Participants must blow the egg flip/ball or other floating object across the pool

## Competition challenges

- > How many times can you make the egg flip turn over?
- > How quickly can you blow the egg flip a distance of 5 metres, 10 metres etc? Can you beat this time by 1, 2 seconds etc?
- > How quickly can you do this as a relay race?



## Challenge

Challenge the pupils to swim across the pool

## Equipment

- Egg flips
- Beach balls
- Noodles or floats if required

## Adaptations

### Making it easier -

- Swimmers can use noodles or floats
- Use larger items such as beach balls

### Making it harder +

- Swimmers can travel further
- Swimmers use a water polo style stroke - front crawl with head up