

## Caterpillar Race

### Activity

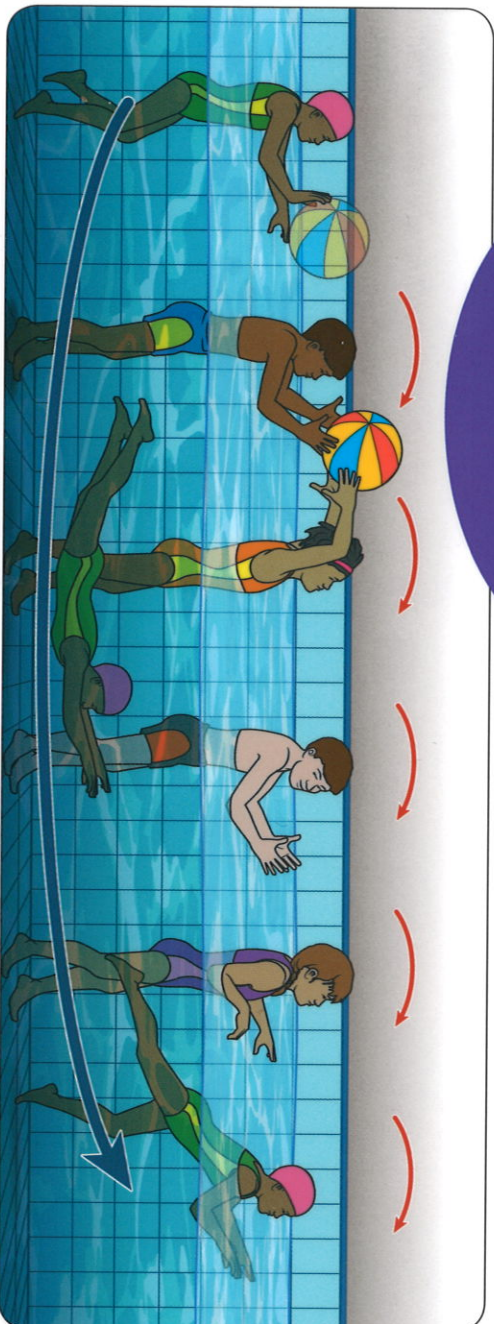
Swimmers stand in a straight line one behind the other and pass the ball over head to the swimmer behind. The last swimmer travels to the front of the line using front crawl leg kick, holding the ball in front of them

### Competition challenges

- > How fast can your team complete the task? Can you beat this time by 1, 2 seconds etc?
- > Swimmers must travel from the back to the front holding the ball and using a front crawl leg kick
- > Can you complete the task without dropping the ball?

### Challenge

Challenge the swimmers to pass the ball over and under without dropping



### Equipment

- Water polo balls
- Noodles if required

### Adaptations

#### Making it easier -

- Swimmers can use noodles or floats
- Use larger items such as beach balls
- Swimmers may pass the ball round the side
- Swimmers may walk or run to the front of the line

#### Making it harder +

- Swimmers travel to the front using water polo style stroke - front crawl with head up
- Swimmers pass the ball through legs
- Swimmers must pass using one hand
- Swimmers tread water and pass the ball backwards