

Noodle Race

Activity

Straddling the noodle with legs either side, swimmers have to travel to a specified target. This can be done in a team relay

Competition challenges

- > How fast can you travel the specified distance? Can you beat this time by 1, 2 seconds etc?
- > Can you do this with a partner on your noodle?
- > How many team members can you fit on your noodle?

Challenge

Challenge the pupils to do as many widths as possible in a specified time



Equipment

- Noodles

Adaptations

Making it easier -

- Swimmers can travel with feet on pool floor
- Swimmers can use their arms to pull the water

Making it harder +

- Swimmers must keep hands on the noodle
- Swimmers must travel an increased distance