

Innovative use of pool equipment

Delivered by the Swim England Learn to Swim team and RLSS

Overview

In this pool-based workshop you'll learn innovative ways in which to use equipment and dress your pool space to better engage your swimmers and enhance their learning experience.

Swim England and the RLSS will be showcasing a variety of equipment, providing demonstrations of best practice and fun, engaging ways to incorporate this into your lessons.

Disclaimer: Swim England/RLSS do not endorse any of the brands or products featured in this workshop, and teachers should adhere to sites policies and procedures before using any equipment. A risk assessment of each activity and piece of equipment should be conducted before use.

	<p>Balancing Act Balance a bucket of water on your float and kick across the pool without spilling it.</p>
	<p>Sculling Challenge Place the plant pot upside down on your tummy and scull across the width without dropping it.</p>
	<p>Make the Flowers Grow Learners take it in turns to water each other. They start as small seeds balled up tight and stretch out as they are watered.</p>



Disc Game

Can be played on noodles, walked or swum. Goals can be used for a variety of games.



Diving Jewels

Blindfolded use a reach pole to find the jewels.



Fishing Game

Walk, run or swim to hook a fish. The learner with the most hooked fish wins. Fish can be contained in separate 'ponds' (floating hoops or noodles tied in circles).



Coconut Collection

Learners travel around the pool collecting the 'fallen coconuts' (floats or balls) and place them back on poolside or a float. Some can be on the bottom of the pool to encourage submersion. Teacher can 'shake the tree' to start the game again.



Flamingos versus Unicorns

Learners are split into two teams. The teams are split across the two sides of the pool. The first team member kicks the float across the pool to pick up the second team member; they then kick back across to pick up the next one.

The winning team is the one who has picked up all their team members.

Note: Strongest team members go first. Adaptations can be made depending on the ability of the learners.



Treasure Hunt

Collect the treasure (balls, sinkers, gems etc.) and bring them back to the Pirate chest.



Shark Attack

One learner is the shark and the two opposite sides of the pool are home. When the teacher yells "Shark Attack!" learners have to try and get to the other side of the pool avoiding the shark. If they get caught they should stay where they are. They can be released by a learner swimming under their arms.



Equipment: Shower curtain

Can be used to theme lessons.



Equipment: Water flutes

Used to introduce aquatic breathing.



Dinner Time

Learners travel through the water to collect an item to place on their plate on poolside.

Learners then travel through the pool collecting small items to build their lunch. Some items are sunken, some are floating and some are at poolside.



Devil Fish Push and Glide

Learners see how far they can push and glide as the Devil Fish, going deeper under the water as they practice.

More advanced learners can race the Devil Fish across the pool.



Swan Pong

A swan shaped drinks holder is put into the water. Learners are in pairs or groups.

From poolside or in the water, learners take turns to throw a ball into the drinks holes. If they score, they choose a challenge for the rest of the group (e.g. star float, mushroom float, etc.).



Cowboy Shoot Out

Learners swim (choice of stroke) to the floating spray bottles (on a float). Once collected, learners tread water and spray/shoot (like a cowboy) the bottle on a target and swim back.

Variation: start with a jump, shouting "Ye-haaaw!" and/or using a noodle as your 'steed.'



In the Hole

Each learner chooses a float. They need to swim to get their ball into the float; first one back to the side wins.



Lobster Grab

Push, glide and kick with the lobster extended out from the hands. Collect/grab the objects using the lobster claws, and swim back to the side.



Emoji Game

Can be used for a silent lesson or for those who have hearing impairment.

Emoji Snap

Emojis are on floats and learners have to find matching pairs.



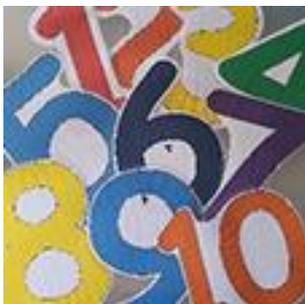
Sea Life Snap

Pictures of different sea creatures are on floats and learners have to find matching pairs.



Act like the Animal

Teacher shows the animal to the learners and they have to cross the pool like the animal or perform a skill related to the animal.



Numbers Game

Numbers are on floats around the pool. Learners collect the numbers and put them in order.



Equipment: Noodle caterpillar

Can be used as part of an obstacle course, encouraging learners to go under water from section to section. Can also be used with other toys as a goal.



Hogwarts Houses Cards

Can be used as score cards for group activities— collect house points.

Can be used as colour signals to show which house is going next in activities.



House Points

Split the learners into houses. Release the gems (house points) into the water. Each team member must bring back one gem at a time in their house colour.

Add the number of gems together for each house. The team with the highest number wins. Add the points to house scorecards to keep score throughout the lesson.



Equipment: Push and glide batons

Learners hold the baton with one hand and the side with the other. Once they have pushed off, the other hand moves to hold on to the baton.



Noodle Swan Race

Learners each have a 'swan' to race across the pool.



Question Ball

Learners get into a circle in water which is out of their depth. Whilst they tread water, they throw the ball to each other.

When each learner catches the ball they must read the question that their thumb/middle finger on their right/left hand is pointing to. They must provide the answer to the rest of the group.



PROPS: Laminated smart phone and ping pong paddles

Whilst carrying out life support or simulated rescues, the phone can be used to simulate calling 999.

When learners are demonstrating a rescue, the paddles can be used as a signal to remind them to call/ask a bystander for help.



Noodle Hat

Learners take it in turns to put on the hat/woggle (tied up into a loose knot) and enter deep water using the straddle entry. The hat will encourage learners to keep their head and eyes up as they perform the entry.



Tool Box

Learners pick out the labels in the toolbox which identify the skills they achieved from other activities they participate in. (e.g. first aid/rescue skills from Scouts or Guides; additional swimming skills from swimming clubs; using a mobile phone; awareness of hazards in open water from swimming at the local lake/beach, etc.)

Useful links from Swim England

www.swimming.org/swimengland/swimming-teacher-resources

Free guidance and resources to help you market and deliver the Learn to Swim Programme.

www.swimming.org/ios/cpds-learn-swim

CPDs delivered by Learn to Swim experts, helping you make the most of your Learn to Swim Programme lessons and the facilities available.

www.swimming.org/schools/national-campaigns

Activities and events which add variety to your school swimming programmes. All are free to participate in and come with a range of free resources to make them easy to fit into a busy curriculum schedule.

Useful links from RLSS

www.rlss.org.uk/rookie-lifeguard

An overview of the Rookie Lifeguard programme and how to become an instructor. Once qualified you will have access to bolt on awards, festival materials, marketing products and videos to help promote and run your sessions.

www.rlss.org.uk/the-rookie-lifeguard-programme-getting-started-guide

A helpful guide on how to get started. I.e. what steps you need to take first in order to get the programme implemented at your centre/swim school.

www.rlss.org.uk/rookie-festivals

Details about running your own Rookie Lifeguard Festival – once qualified you will be able to access all the resources to run your own event.

