



Make a splash!

Boost your section's water confidence with these six simple swimming games

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WARM UP FIRST!

Before entering the water, make sure you stretch out all your major muscle groups for 10-15 seconds each. Don't forget to repeat the same stretches once you've finished swimming.

1

NUMBER HUNT

Gather a selection of toys and number several of them '1', another few of them '2', some more '3' and so on. Let the toys sink down to the bottom of the pool. Now challenge your young people to dive down to retrieve them BUT only after you've called out the number you want them to retrieve. Then it's a race to see who manages to snap up the right numbers first.



SAFETY FIRST

Ensure you have enough adult volunteers on hand to supervise the activity.

SAFETY FIRST

Familiarise yourself with the lifeguard presence, pool depth, water flow and layout before letting your young people swim.

2

FOLLOW THE LEADER

Tie each pool noodle into a knot and give one to each of your young people. They should hold an end in each hand, so that the noodle resembles bike handlebars. Select two young people to lead the way and instruct the rest of the Group to follow them in a long line. The lead Scouts can go off in different directions, weave in and out and round and round the pool with a long snake of Scouts following behind each of them.

4

RELAY RACE

Head to the shallow end of the pool, or to a training pool. Divide your young people into teams of four and send two from each team to the opposite side of the pool. Give one person in each team a beach ball to hold over their heads. The person holding the ball must walk, run or bounce their way over to their teammates on the other side of the pool before passing the ball to the next team member. That person then has to bob their way back again with the ball in the air and so on until the fourth person reaches the start/finish point. The first team back wins.

3

DARING DUEL

Ask your young people to pair up, then ask them to lie floating on their tummies facing each other. Make sure there's plenty of space around your pairs. Give each pair a pool noodle and ask them to hold an end each. Now, when you shout 'go', they must kick as hard as they can to try to drive their opponent backwards or – even better – make their feet touch the floor.

5

MAD HATTERS

Ask your young people to line up along one side of the pool. Give each of them a polystyrene float and ask them to lie on their backs with the float balanced on their heads. Now they must swim to the other side of the pool without the float falling off. The winner is the first person to reach the other side with their float still in place.

6

SHARK ATTACK!

Ask your young people to line up against the side of the pool. Choose one person to be the shark; everyone else will be fish. When you shout 'shark' the fish should all swim off in different directions; then when you shout 'fish', the shark should try to catch as many fish as possible. Every fish he/she catches becomes a shark and swims off to catch fish of their own.

TIME NEEDED

60 minutes

BADGE



Staged Swimmer Badge

PARTNER



OUTCOMES

These six confidence-boosting games will help your young people feel more at home in the water and more able to meet the criteria needed to earn their Staged Swimming Badge.

MORE INFORMATION

The Swimming Teachers' Association (STA) is the world's largest swimming teaching and lifesaving organisation that delivers high-quality training in swimming teaching, life-saving, first aid and leisure management. It is committed to preserving human life through the promotion of swimming, lifesaving and survival techniques. To find out more, visit scouts.org.uk/STA.