

Primary challenge card

- 1 Place a variety of swimming skill or stroke picture cards on the floor in the house or garden

Skills could include — star float, push and glide, log roll, mushroom float, blowing bubbles,

Strokes could include — breaststroke, front crawl, backstroke or butterfly

- 2 One at a time, a card is collected and that skill/stroke has to be performed until all of the cards are complete

STEP

Ideas on how to adapt the activity in a national lockdown.



Space

- Have a designated spot to complete each of the collected cards

T

Task

- The cards can also have different letters or numbers on them so the child creates a word or completes a maths calculation at the end
- Try the above with safe self-rescue skills such as float on back, personal survival stroke, huddle position or HELP position

T

Time

- The skills can be performed from 10 seconds to 30 seconds

E

Equipment

- Illustrations can be downloaded and printed from the internet or drawn by hand
- A dining room chair could be used for some activities such as breaststroke and front crawl

P

People

- The activity can be done individually, in pairs or as a team relay with family members