



AQUA SPLASH


FESTIVAL FOR THE

Big Splash



AQUASPLASH FESTIVAL FOR THE BIG SPLASH

The information within this guidance document is designed to allow you to run an Aquasplash festival for the Big Splash. This pack contains 10 activities taken and adapted from the full Aquasplash festival pack (which contains 50 activities). Please refer to this pack for all information about the Aquasplash festival for the Big Splash activities and scoring system, although teachers may find it useful to read the full Aquasplash Festival Event Toolkit (that can be downloaded from www.bigsplash.co.uk) for more details about planning and delivering a festival.



DELIVERING AN AQUASPLASH FESTIVAL FOR THE BIG SPLASH

CHOOSE YOUR TEAMS

We've worked out the Big Splash activities are perfect for your pupils to complete as a team of four. Divide your class into teams of four and try to split the swimming ability equally between teams. We'd suggest all of the activities take place over a distance of 5m so they can be inclusive of swimming ability and additional needs.

CHOOSE YOUR ACTIVITIES

An Aquasplash festival for the Big Splash can comprise of up to 10 activities. How quickly you get through each of the activities will depend on the ability of your class. Some can be completed in just a few minutes but we've calculated that if your children take the maximum time to complete an activity you'll most likely complete six in around 1hr 15mins (or 45 mins for average ability pupils). This includes the suggested briefing and set up time.

Therefore, we advise you choose at least two activities from each of the columns below as your "core activities" and be prepared to add in others if time allows.

Each of the 10 activities are included in this guidance pack but we've also given you the Aquasplash reference number from the original pack of 50 games (for those of you who have access to the full Aquasplash festival pack).

PICK AT LEAST 2x5 MINUTE ACTIVITIES	PICK AT LEAST 2x10 MINUTE ACTIVITIES	PICK AT LEAST 2x15 MINUTE ACTIVITIES
Traffic Lights Warm Up (Diving Activity 1)	Caterpillar Races Fun Race (Multi-skills activity 1)	Noodle Race Fun Race (Multi-skills activity 9)
Blowtastic Swim Skills (Multi-Skills Activity 4)	Equipment Rescue Challenge (Lifesaving Activity 1)	Balancing Act Team Game (Synchro activity 1)
	Float Race Fun Race (Multi-skills activity 2)	Heads Up Relay Fun Race (Water Polo activity 1)
	Object Carry Lifesaving Event (Lifesaving activity 5)	Footy Relay Fun Race (Water Polo activity 2)

SUGGESTED TIMINGS



1hr 15mins

**2 minute warm up including
briefing to children and teachers**

2 x 5 minute activities

2 x 10 minute activities

2x15 minute activities

**2 minute change around
between activities**

1 minute debrief

AQUASPLASH FOR THE BIG SPLASH SCORING

The Aquasplash festival for the Big Splash has been designed with a specific scoring system (unlike the original Aquasplash festival pack which gives suggested scores).

If a team completes all 10 activities the maximum any team can score is 100 points (or 60 if they complete the recommended minimum of six activities). You should select and record the results for each team. We've include a scoring template at the end of this guidance pack that will help you record the results.

Schools can, if they wish, enter their results on the Big Splash League Table at www.bigsplash.co.uk and if they have completed at least six activities become entered for a number of prizes (terms and conditions apply).

And don't forget to reward your swimmers by handing out participation certificates (a template is included at the end of this pack).

TRAFFIC LIGHTS WARM UP



5 MINUTES

LEVEL OF SWIMMER

- Confident in deep water.
- Ages 9-11 years.

EQUIPMENT/POOL SPACE

- Minimum water depth 1.8m.
- Diver teacher ration of 2:1.
- Goggles must not be worn.

SCORING SYSTEM

DISTANCE*	POINTS
Entire width	10
3rd cone	7
2nd cone	5
1st cone	3

*Use the best distance reached by the team (i.e. the best individual distance for the team)



RESOURCES
FOR MORE INFO

Flip n Fun

Learn to Swim Programmes

National Plan for
Teaching Swimming



ACTIVITY

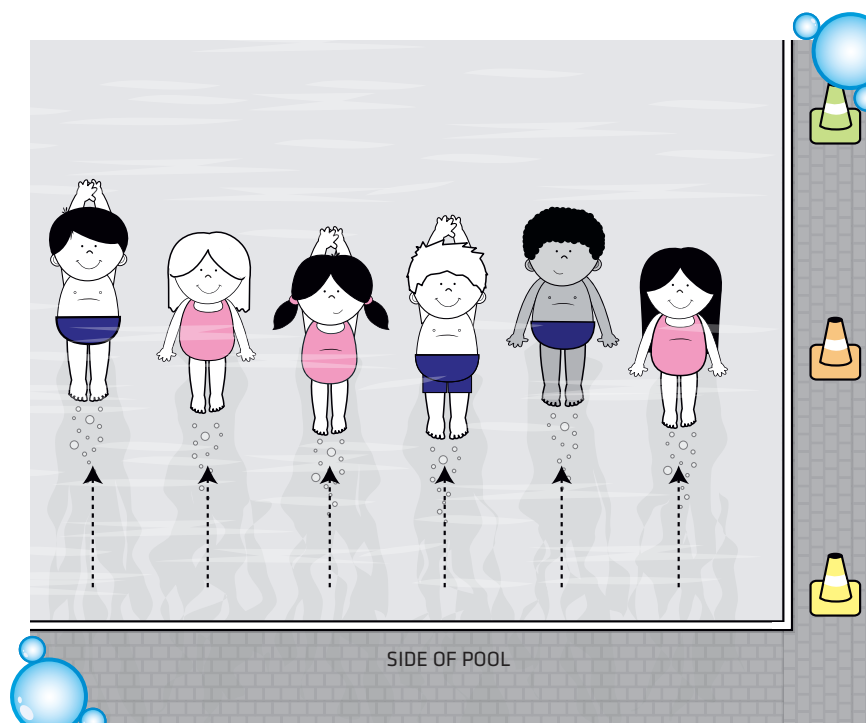
- Push and glide to try to pass the different coloured cones on the sides of the pool.

ADDITIONAL CHALLENGES

- Try pushing and gliding on front, back or side; counting to 3, 4, or 5; making star or spread shapes; matching a partner.

TEACHING POINTS

- Push and glide teaching points.



BLOWTASTIC SWIM SKILLS

ACTIVITY

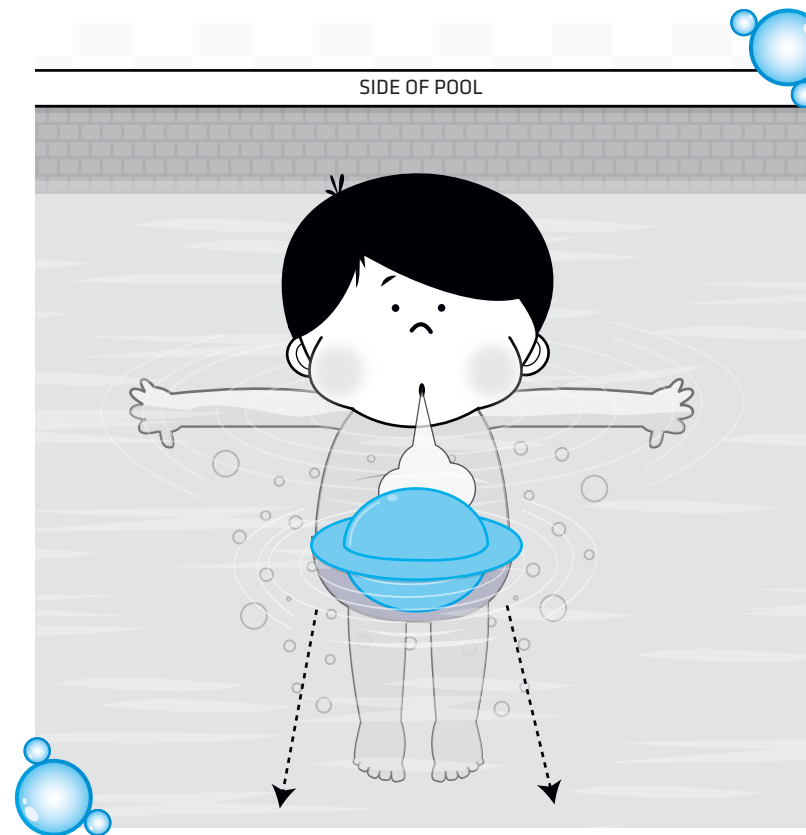
- Egg flip challenge- blow the egg flips across a target area.

ADDITIONAL CHALLENGES

- Count how many times it flips over.
- Could be done as a relay.

TEACHING POINTS

- Blow hard.



5 MINUTES

LEVEL OF SWIMMER

- Can be adapted to suit all levels and abilities.

EQUIPMENT/POOL SPACE

- Egg flips/Ping-pong ball.

SCORING SYSTEM

COMPLETED WITHIN 5 MINS	POINTS
30+ turns	10
21-29 turns	7
11-20 turns	5
5-10 turns	3



RESOURCES FOR MORE INFO

[National Plan for Teaching Swimming](#)

[Learn to Swim Programmes](#)

[TOPS Swim Cards](#)



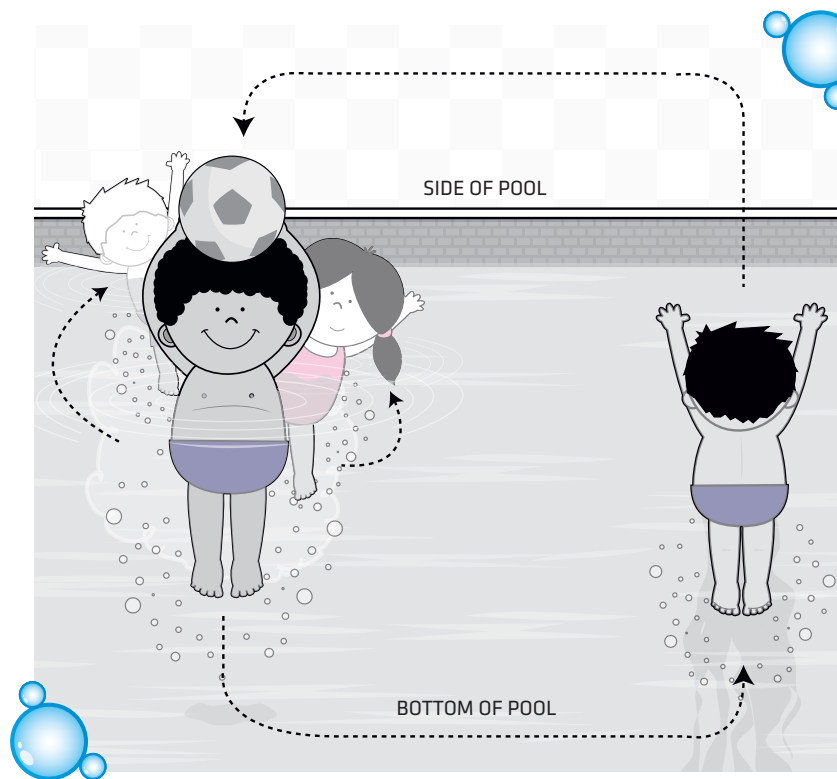
GATERPILLAR RACES FUN RACE

ACTIVITY

- Teams (with children lined up) pass the ball from back to front over their heads.
- Once the ball is on its way back, the last child must try to swim or walk to the front before the ball arrives.
- Then try passing the ball under the legs; passing the ball over the head then under the legs.

ALTERNATIVE

- Team race or individual - Walk or swim pushing the ball with nose, using front crawl, arms keeping ball under control using high elbow recovery.



10 MINUTES

LEVEL OF SWIMMER

- Can be adapted to suit all levels and abilities.

EQUIPMENT/POOL SPACE

- Ball.

SCORING SYSTEM

TIME	POINTS
1-2 minutes	10
3-4 minutes	7
5-6 minutes	5
6-10 minutes	3



RESOURCES
FOR MORE INFO

Learn to Swim Programmes

National Plan for Teaching Swimming

TOPS Swim Cards

mini-polo!



EQUIPMENT CHALLENGE RESCUE CHALLENGE

ACTIVITY

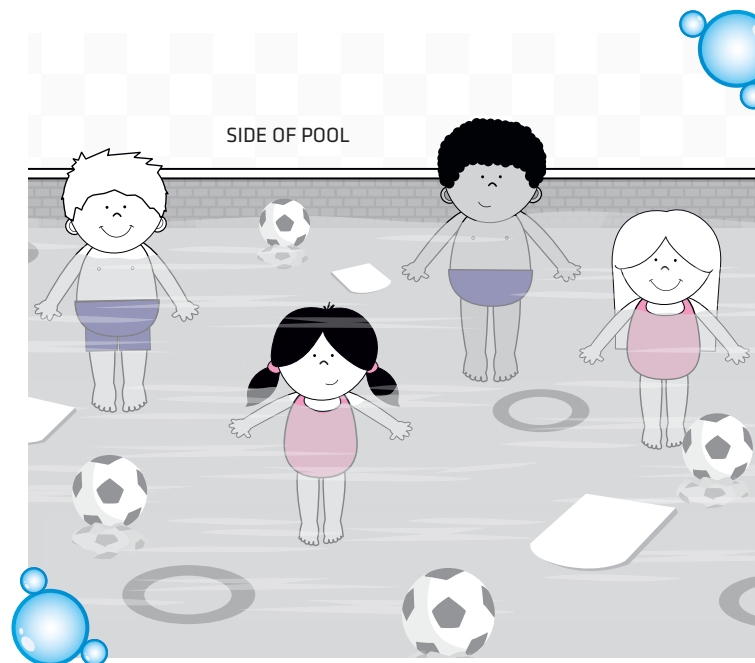
- Teacher places 20 floating/sinking objects in the space allowed.
- Individuals work in teams to try to collect as many objects as possible but to keep them they must hang onto them.

ADDITIONAL CHALLENGES

- Set certain strokes that they must use or develop other skills they must perform when collecting objects e.g. somersaults etc..

TEACHING POINTS

- Encourage young people to think about HOW they will solve the challenge. i.e. will they all go together or will they have a team leader directing and collecting.



NB: These illustrations are activity guides only and should not be used as technical teaching aids. A training course should be attended before delivering any of the activities.



10 MINUTES

LEVEL OF SWIMMER

- Can be adapted to suit all levels.
- Use of deep and/or shallow water.

EQUIPMENT/POOL SPACE

- As many floating and sinkable objects as possible.
- Try to use real life objects e.g. plastic water bottles, clothes, floats etc.

SCORING SYSTEM

TIME	POINTS
2-3 minutes	10
4-5 minutes	7
6-7 minutes	5
8-10 minutes	3



**RESOURCES
FOR MORE INFO**

Learn to Swim Programmes
National Plan for Teaching Swimming
TOPS Swim Cards



FLOAT RACE FUN RACE

ACTIVITY

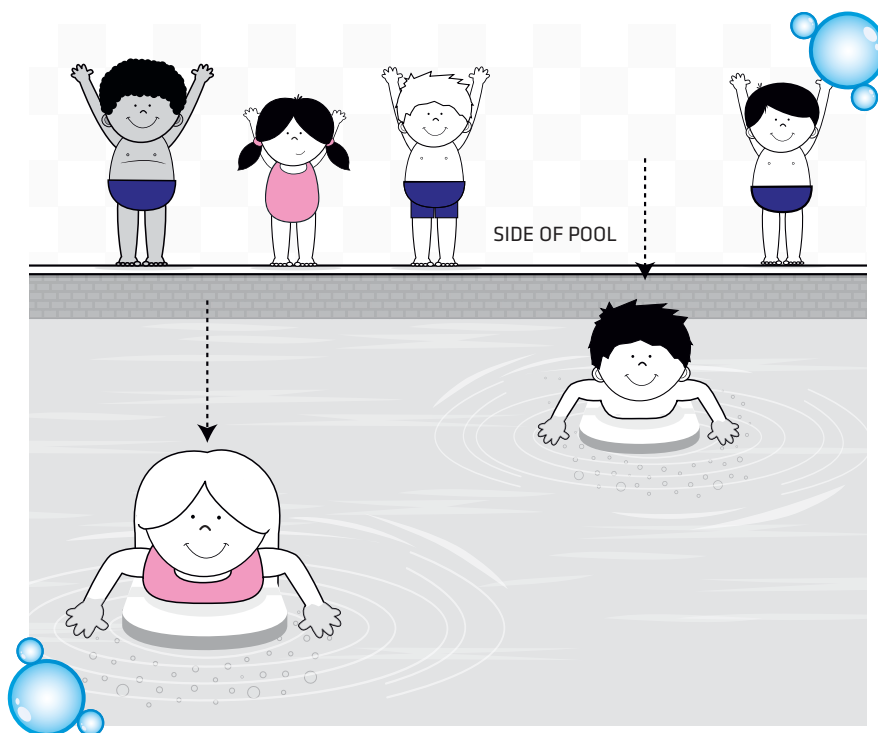
- Teams with children using floats, scull the length or width of the pool (complete as a relay).
- Efficient sculling action to be emphasised (no white water).

ADDITIONAL CHALLENGES

- Go backwards.

TEACHING POINTS

- Fingers angled downwards, figure of eight sculling movement.



10 MINUTES

LEVEL OF SWIMMER

- Confident in deep water.

EQUIPMENT/POOL SPACE

- Floats (may need more than one float per child).
- A minimum standing depth of 0.9m.

SCORING SYSTEM

TIME	POINTS
1-3 minutes	10
4-7 minutes	7
7-10 minutes	5



**RESOURCES
FOR MORE INFO**

National Plan for Teaching Swimming

Learn to Swim Programmes

TOPS Swim Cards

Aquafun



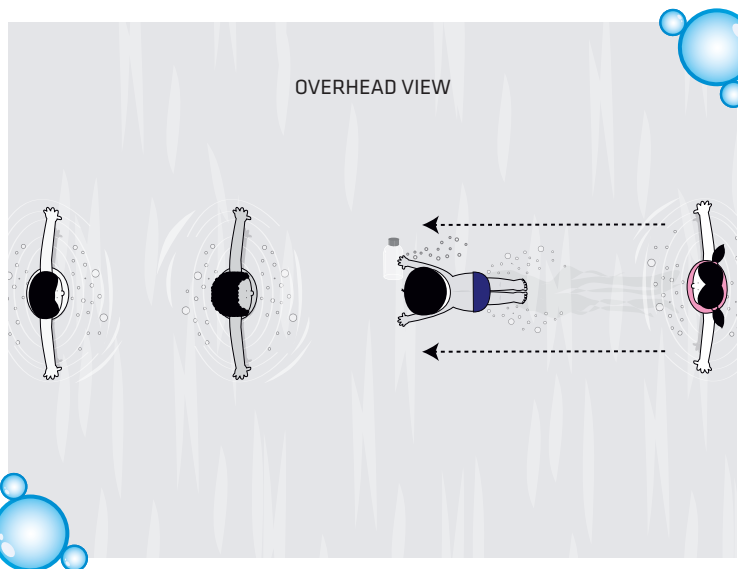
OBJECT CARRY LIFESAVING EVENT

ACTIVITY

- Swimmer 1 starts in the water, holding the object in one hand and the poolside with the other.
- On the start signal, swimmer 1 carries the object across the pool space (e.g. 5m) to swimmer 2 who is treading water.
- Swimmer 2 takes the object from swimmer 1 and then carries it across the pool to swimmer 3 who is also treading water. swimmer 3 then takes the object and carries it to swimmer 4.
- The race finishes when all swimmers have carried the object and are all back at poolside touching the wall.
- Team have to think about who is strongest swimmer, ordering.
- Can also be adapted to shallow water for weaker swimmers to travel across the pool walking etc.

ADDITIONAL CHALLENGES

- Swimmer 1 has to then follow swimmer 2.
- When swimmer 2 passes the object to swimmer 3, both swimmer 1 and 2 follow swimmer 3 etc.



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10 MINUTES

LEVEL OF SWIMMER

- Can be adapted to suit all levels.
- Use of deep and/or shallow water.
- Distance can be altered to suit level of swimmer.

EQUIPMENT/POOL SPACE

- One object per team (empty water bottles, work well, the better the team the more water they can contain).
- Other equipment can include a rescue tube, ball etc.

SCORING SYSTEM

TIME	POINTS
1-2 minutes	10
3-4 minutes	7
5-6 minutes	5
6-10 minutes	3



RESOURCES FOR MORE INFO

National Plan for Teaching Swimming
 Rookie Instructor Pack
 Lifesaving Sport manual
 Learn to Swim Programmes
 TOPS Swim Cards



NOODLE RACE FUN RACE

ACTIVITY

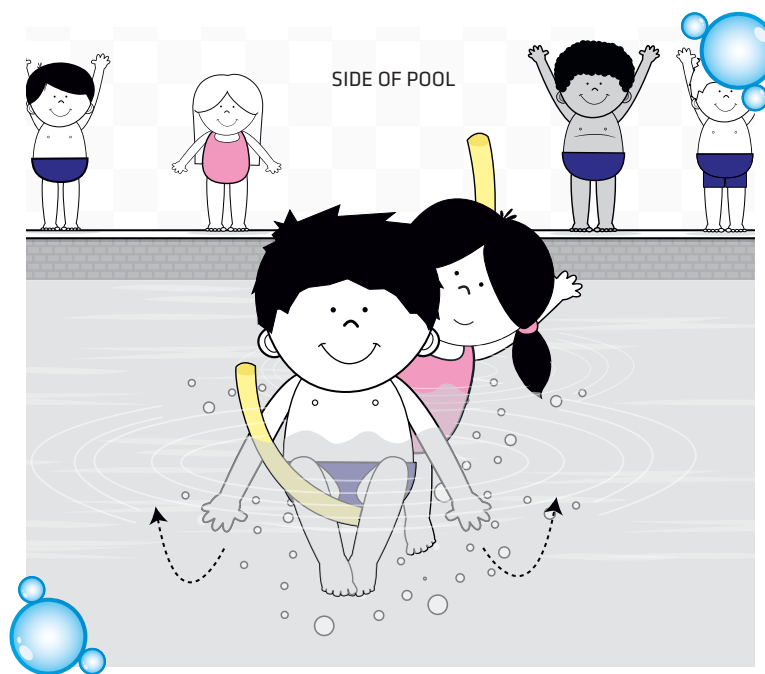
- 2 swimmers per noodle/woggle.
- Swimmers have to get to specified distance on a noodle/woggle!
- Teacher to set the “how” dependent on skill level but could include: sitting on noodle with sculling only “no white water” allowed, pushing the noodle/woggle with head, holding the woggle with two hands and kicking only etc.

ADDITIONAL CHALLENGES

- Change object or task dependent upon level of swimmer.



BEWARE OF SAFE ENTRY.



15 MINUTES

LEVEL OF SWIMMER

- Can be adapted to suit all levels and abilities.

EQUIPMENT/POOL SPACE

- Woggles/noodles.

SCORING SYSTEM

TIME	POINTS
3-5 minutes	10
6-8 minutes	7
9-11 minutes	5
12-15 minutes	3



**RESOURCES
FOR MORE INFO**

National Plan for Teaching Swimming

Learn to Swim Programmes

TOPS Swim Cards



BALANCING ACT TEAM GAME

ACTIVITY

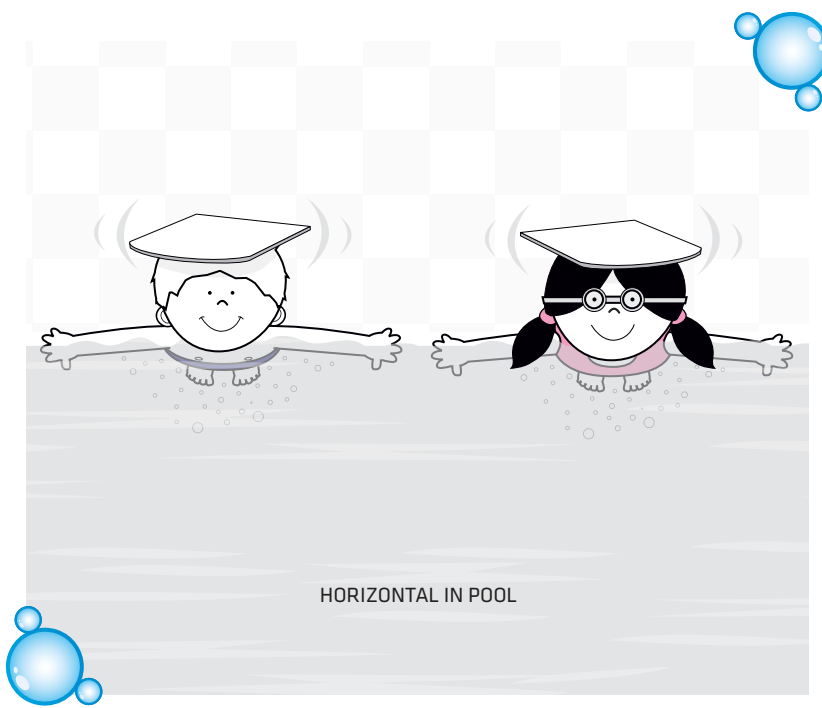
- In teams - a relay race with float balanced on the swimmers heads.
- Gently push off side into synchro breaststroke or front crawl.

ADDITIONAL CHALLENGES

- More floats can be added.

TEACHING POINTS

- Controlled strokes, head above water on breaststroke and front crawl.



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15 MINUTES

LEVEL OF SWIMMER

- Confident in deep water.

EQUIPMENT/POOL SPACE

- Floats.

SCORING SYSTEM

TIME	POINTS
2-4 minutes	10
5-7 minutes	7
8-10 minutes	5
10-15 minutes	3



RESOURCES
FOR MORE INFO

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TOPS Swim Cards
Aquafun



HEADS UP RELAY FUN RACE

ACTIVITY

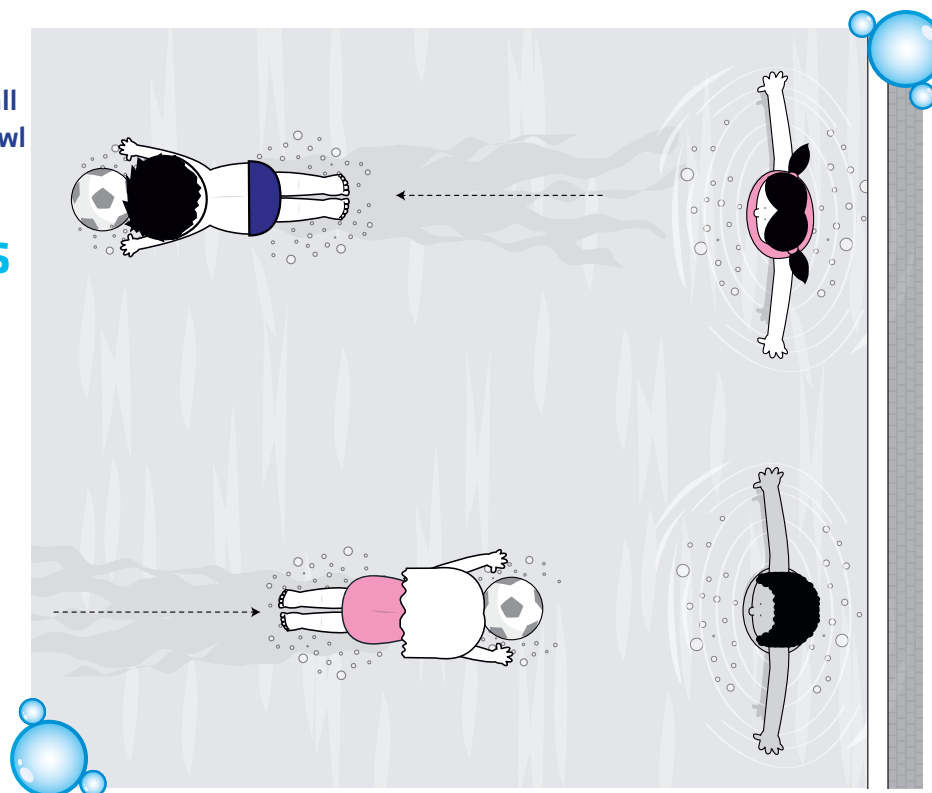
- Each team goes as a relay.
- Each member swims or walks with a ball a set length of the pool using Front Crawl arms, keeping the ball under control.

ADDITIONAL CHALLENGES

- Swimming Front Crawl/Backstroke holding ball between knees.
- Swim relay using breaststroke.

TEACHING POINTS

- If walking, lean forward keeping shoulders at water level.
- Push ball with nose, eyes looking over the top of the ball.
- High elbow recovery to keep the ball in front of face.



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15 MINUTES

LEVEL OF SWIMMER

- Non-Player - any level.

EQUIPMENT/POOL SPACE

- One ball per team.

SCORING SYSTEM

TIME	POINTS
2-4 minutes	10
5-7 minutes	7
8-10 minutes	5
10-15 minutes	3



**RESOURCES
FOR MORE INFO**

Learn to Swim Programmes

National Plan for Teaching Swimming

TOPS Swim Cards

mini-polo!



FOOTY RELAY FUN RACE

ACTIVITY

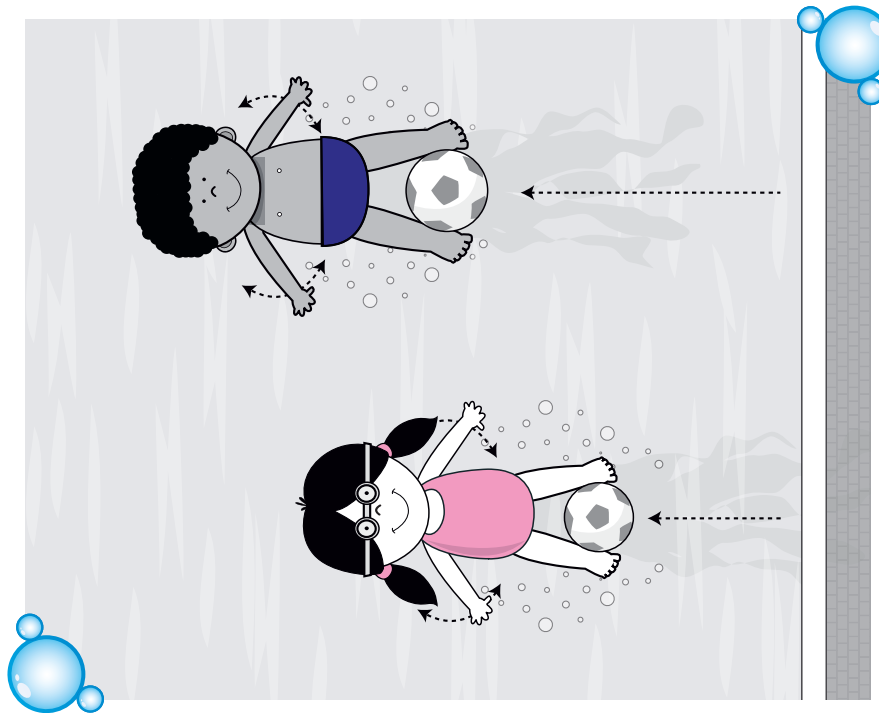
- Each team goes as a relay.
- Each member controls a ball a set length of the pool using toes, whilst on back, sculling head first.
- Can be done as a timed race.

ADDITIONAL CHALLENGES

- A few goes at simple sculling.
- Can also be attempted sculling feet first.

TEACHING POINTS

- Before trying in the water, practice hand movements on the poolside.
- Hold the ball between the ankles so it doesn't float away.



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15 MINUTES

LEVEL OF SWIMMER

- Can be adapted to suit all levels and abilities.
- Ages 7-11 years.

EQUIPMENT/POOL SPACE

- One ball per team.

SCORING SYSTEM

TIME	POINTS
2-4 minutes	10
5-7 minutes	7
8-10 minutes	5
10-15 minutes	3



RESOURCES
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TOPS Swim Cards

mini-polo!



SCORES

ACTIVITY	TEAM 1		TEAM 2		TEAM 3		TEAM 4		TEAM 5		TEAM 6		TEAM 7		TEAM 8	
	ACTUAL	POINTS	ACTUAL	POINTS	ACTUAL	POINTS	ACTUAL	POINTS	ACTUAL	POINTS	ACTUAL	POINTS	ACTUAL	POINTS	ACTUAL	POINTS
TRAFFIC LIGHTS WARM UP																
CATERPILLAR RACES FUN RACE																
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BALANCING ACT TEAM GAME																
OBJECT CARRY LIFESAVING EVENT																
FLOAT RACE FUN RACE																
HEADS UP RELAY FUN RACE																
FOOTY REALY FUN RACE																





HAS PARTICIPATED IN AN AQUASPLASH FESTIVAL FOR THE BIG SPLASH

THIS IS IN CELEBRATION THAT

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ON:

SIGNED BY

visit www.bigsplash.co.uk for more on the Big Splash