



INSPIRED  
TO TRY...

Swim England Learn to Swim

# Tokyo-inspired Activity Pack

# Swim England Learn to Swim Tokyo-inspired Activity Pack

Friday 23 June will see the launch of the Tokyo 2020 Olympic Games and we hope our learners will be inspired to get active and have fun in the water.

The Tokyo-inspired Activity Pack has been developed to help you integrate some of the action happening out in Tokyo into the delivery of your learn to swim lessons, suitable for children from four to 11 years of age.

It aligns with our Learn to Swim Framework (Stages 1-7) which is part of the Swim England Talent and British Swimming World Class Pathway, and the FUNdamentals stage of our Athlete Development Support Pathway (ADSP).

## Using this resource

Inside, you'll find a range of activities which are aimed at children participating in the Learn to Swim Framework (Stages 1-7) of Swim England's Learn to Swim Programme. The activities target and encourage their emotional, physical and social development.

Many of the activities can also be adapted for use with children and adults with additional needs who enjoy learning through structured game-play.

It's important to remember that everyone achieves their development milestones at different speeds and ages. Activities in this pack should be organised to suit the needs of all learners in a lesson, ensuring an inclusive and supportive swimming programme.

## Side one of each card highlights:

- The name of the activity and instructions on how to play.
- The Learn to Swim Stages that the activity aligns with.

## Side two includes:

- The Core Aquatic Skills which can be achieved.
- Details of equipment needed.
- Teaching tips and points.
- Rules and safety relating to the activity.
- Adaptations and progressions for the activity.



Side one



Side two

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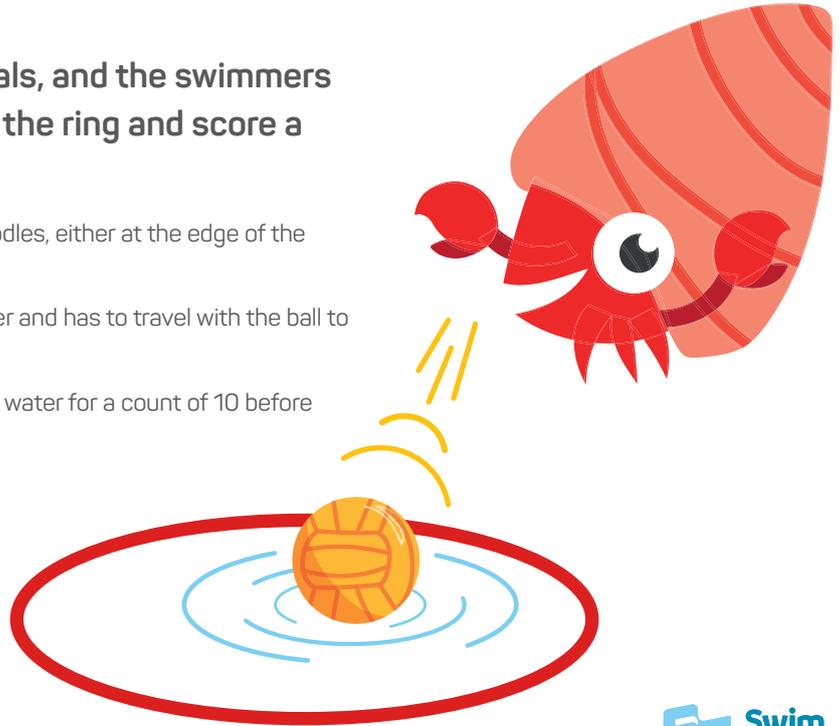


# Olympic-themed Rings

## ▶ How to play

The teacher sets up rings (goals) using hoops or noodles, either at the edge of the pool or floating in the pool area.

- Allocate space for the rings (goals) using hoops or noodles, either at the edge of the pool or floating in the pool area.
- Each swimmer collects an item or ball, enters the water and has to travel with the ball to the goal.
- If the swimmers are at Stages 5, 6 or 7 they can tread water for a count of 10 before throwing the ball into the goal.



# Olympic-themed Rings

## Equipment and numbers

- Coloured noodles or hoops.
- Coloured balls or other items.
- Individual or in teams.

## Teaching tips and points

- Enter the water whilst holding their ball or item.
- Keep head up to focus on where they are swimming.
- Hands positioned on the side of the ball with fingers spread to aim and shoot the ball. This helps to develop skills needed for Water Polo.
- Use an eggbeater or breaststroke kick for treading water and heads up. This helps to develop skills needed for Artistic Swimming and Water Polo.

## Rules and safety

- Swimmers' spatial awareness is key throughout this activity as multiple swimmers can go at once.
- Allow plenty of space.
- Heads up for travel, treading water and shooting the ball.

## Adaptations and progressions

Easier	Harder
Use any method of travel and floatation equipment.	Treading water before shooting the ball in the goal.
Swimmers can work in pairs and take it in turns travelling with the ball.	Increase the difficulty of treading water – hold the ball in one hand and switch before shooting.
Reduce distances between each goal.	Split swimming area and allow the activity to evolve into a race between two or more teams.

## Awards (achieve or working towards achieving the Award)

- **Blank Achievement Award** – this could say something general: “You’ve taken part in the Tokyo-inspired activities” or could be more specific, naming the game the swimmer participated in or the position they came in the race.
- **Water Safety 1 Award** – Working towards.
- **Stage 5** – Working towards.



# Aquatic Athletics

## ▷ How to play

Swimmers enter the water doing different types of jumps or dives and the teacher creates an obstacle course to mimic different athletic sports.

When entering the water, the swimmers can do a:

- long jump
- high jump
- pole vault (with a noodle)
- dive in (sitting dive, kneeling dive or standing dive) - Stage 7 swimmers.

In the water you can create an athletics circuit, incorporating obstacles and throwing.

- Swimming around a circuit.
- Running around a track - aqua running

(deep end), skipping, jumping though the water (shallow end).

- Hurdles – running and jumping over obstacles in the water.
- Javelin – throw the noodle to a target. This helps to develop skills needed for Water Polo.
- Discus – throw a float to a target. This helps to develop skills needed for Water Polo.
- Long jump – travel through the water and proceed to jump in the air and sit on the bottom of the pool.



# Aquatic Athletics

## Equipment and numbers

- Noodles.
- Sinking hurdles.
- Rings.
- Individual or in teams.

## Teaching tips and points

- Monitor the time each pupil stays on each activity so they all have a go at each.
- Create your circuit to match the number of swimmers in your group.

## Rules and safety

- All swimmers to be aware of others in the pool.
- When jumping in follow your guidance you have in place.
- Make sure that the swimmers are following the direction of the circuit.

## Adaptations and progressions

Easier	Harder
Activities can be done in shallow water.	Activities can be done in deep water.
Swimmer can walk instead of running.	For more advanced swimmers, instead of walking on the floor they could use aqua running.

## Awards (achieve or working towards achieving the Award)

- **Blank Achievement Award** – this could say something general: “You’ve taken part in the Tokyo-inspired activities” or could be more specific, naming the game the swimmer participated in or the position they came in the race.



# Olympic-themed Shapes

## ▶ How to play

Swimmers practise their floating skills by imitating a variety of different Olympic-themed shapes.

- Either in groups, pairs or individuals, they have to choose a shape. This can be anything from the 'Mo-bot' through to creating the torch in a number of floating shapes.
- If the swimmers need some inspiration, you can print and laminate some ideas.
- Potential shapes: "Lightning Bolt" (Usain Bolt pose), any equipment used in each sport, a flag pole, a medal.



# Olympic-themed Shapes

## Equipment and numbers

- Floatation equipment can be used if required.
- Individual or in groups.

## Teaching tips and points

- Use a large enough space.
- Consider the transition between shape changes – this helps to develop skills needed for Artistic Swimming.
- Toes pointed – this helps to develop skills needed for Artistic Swimming.
- Use additional floatation equipment if required.

## Rules and safety

- Allow plenty of space.
- Be aware of other groups.

## Adaptations and progressions

Easier	Harder
Use a selection of laminated images for inspiration or ideas.	Create a sequence of different shapes that swimmers perform in a continuous motion.
Allow them to use floatation equipment if required.	Link with a partner to create more complex shapes.

## Awards (achieve or working towards achieving the Award)

- **Blank Achievement Award** – this could say something general: “You’ve taken part in the Tokyo-inspired activities” or could be more specific, naming the game the swimmer participated in or the position they came in the race.
- **Water Safety 1 Award** – Working towards.

# Cross Country Challenge

## ► How to play

Swimmers are put into pairs and responsible for taking a country's flag successfully through an obstacle course.

- Allocate a country to each pair of swimmers, use a laminated card of the country's flag for them to be responsible for.
- They work as a team to take their country's flag through a set obstacle course, they could use different skills at each station.
- If the pair's flag is left behind or not held by one of the swimmers at the same time, they must go back by one station.



# Cross Country Challenge

## Equipment and numbers

- Laminated flags.
- Floats.
- Equipment for the obstacle course.
- In pairs or in teams.

## Teaching tips and points

- Use communication and teamwork throughout. This helps to develop skills needed for Water Polo.
- Figure out route before setting off.
- Use eggbeater or breaststroke kick for treading water. This helps to develop skills needed for Artistic Swimming and Water Polo.
- Use a range of strokes.

## Rules and safety

- Swimmers' spatial awareness is key throughout this activity as multiple swimmers can go at once.
- Allow plenty of space.
- Heads up for travel.

## Adaptations and progressions

Easier	Harder
Use any method of travel.	Increase the difficulty of the obstacle course.
Reduce distance the swimmers are working through.	Split swimming area and allow the activity to evolve into a race between two or more teams.

## Awards (achieve or working towards achieving the Award)

- **Blank Achievement Award** – this could say something general: “You’ve taken part in the Tokyo-inspired activities” or could be more specific, naming the game the swimmer participated in or the position they came in the race.
- **Stage 5** – Working towards.

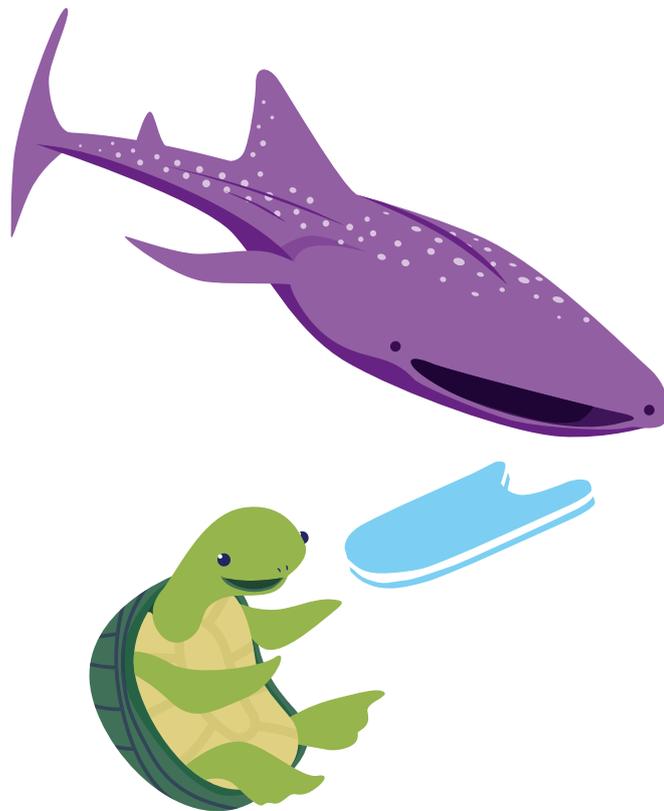


# Relay Races

## ▶ How to play

Swimmers are put into teams and swim or travel a pre-set distance carrying a baton (float) before passing it onto the next swimmer.

- Split the swimmers in to equal teams.
- Set the distance the swimmers need to travel.
- Use a piece of equipment such as a float to use as a 'baton'.
- Ask the swimmers to use a method of transporting themselves through the water. For example, the swimmers could walk, kick or swim through the water.



# Relay Races

## Equipment and numbers

- Different types of teaching aids such as floats, balls or sinking rings.
- Equal teams.

## Teaching tips and points

- Work as a team encouraging each other. This helps to develop skills needed for Water Polo and Competitive Swimming.
- Use a selection of activities when they are 'racing'; front, back, sideways. This helps to develop skills needed for Competitive Swimming.
- Use a range of different strokes.

## Rules and safety

- Allow space for the teams to use.
- Be aware of the other teams to avoid clashing with each other.
- When on their back make sure that they stop before they get to the edge of the pool.

## Adaptations and progressions

Easier	Harder
Use any means of moving through the water.	Can be completed in deep water for more advanced swimmers.
Allow them to use floatation equipment if required.	

## Awards (achieve or working towards achieving the Award)

- **Blank Achievement Award** – this could say something general: "You've taken part in the Tokyo-inspired activities" or could be more specific, naming the game the swimmer participated in or the position they came in the race.