

Aquajets

Session Plan

Session Length:	1.5 hours
Session Aims:	A fun experience, learning the basics and a fun taster go at using a Aquajets
Equipment Required:	lane ropes, buoyancy aids, various floating objects, ball, goal, sea scooters, weights and hoops
Suitable Activity Areas:	Designated safe area of Swimming Pool.

Session Set Up

Session Introduction & Welcome Activities

Do a warm up activity with the participants:

Fishy Fishy: The group line up along one side of the swimming pool and the aim of the game is to get to the other side without being tagged by the shark who is in the middle. Before anyone can swim to the other side there is a rhyme which must be shouted out. The shark shouts “FISHY’ FISHY’ COME INTO MY SEA”. The fish (rest of the group) then shout “SHARKY SHARKY YOU CAN’T CATCH ME”. The fish then run to try and get to the other side. If anyone is tagged then they must stand/float where they were caught and turn into funky seaweed, wobbling from side to side and singing “funky funky seaweed”. The seaweed can now help the shark by tagging any fish that come near them, but the seaweed cannot swim from their spot. The last fish remaining in the game and not to be caught is the winner.

Relay Race: Divide the group up into two teams and ask them to create a team name and team song. The children must swim up the pool, to a point indicated by the Staff Member and back. The swimming child must “tag” the next swimmer and then they swim up the pool and back.

Main body of Session

Practical Content

Aquajets

Demonstrate to the group how to use the Aquajets and explain how they should be used to get through the water including how to change direction and speed. Allow each participant to have a turn using the Aquajets and ensure you are confident that they can use them correctly.

Follow the Leader: Participants line up one behind the other and follow the leader who has the Aquajets around the pool. Take it in turns so that all participants have a go at being leader and using the Aquajets.

Relay Races: Using the Aquajets the participants must swim up the pool, to a point indicated by the staff member and back. The swimming child must “tag” the next swimmer and then they swim up the pool and back.

Hidden Treasure: The staff member places floating objects at one end of the pool and assigns each object with a different point value. The participants use the Aquajets to reach the objects, pick one and throw it onto the side of the pool. This can be set up as a relay race or a competition to collect the most objects. At the end of the round the objects are counted up and points awarded to each team.

Floating puzzles: Place various puzzle pieces on the surface of the water and get teams to collect the pieces and put the puzzle together on the side of the pool.

Floating Numbers: Give teams various challenges to complete by collecting the number floating on the surface. One person from each team goes at a time to collect a number. Once they have completed a length of the pool using the sea scooters, they must pick their required number and throw it onto the side of the pool before returning to their team with the Aquajets.

- The winning team is the one with the highest total score.
- One person from each team goes at a time to collect a number. The winning team is the one with the highest total score.
- Collect numbers to add up to a specific total.

Number Games: Split the group into two teams. Each team is assigned a side of the pool and the group members stand with their back to the wall. Numbers are given to all participants in both teams. The staff member then calls out a number and throws a ball into the pool. The first participant to reach the ball using a Aquajet wins a point for their team.

Obstacle course: Set up an obstacle course using the floating poles and other objects. Teams complete the course in a relay style race.

Review

Ask the group to show you how much they enjoyed the session by splashing water at the staff member or at the group. The more they splash, the more they enjoyed the session. Return all equipment to appropriate storage area, batteries put on charge and Sea Scooters dried out.