

# Underwater Explorer

## Session Plan

<b>Session Length:</b>	1 hour
<b>Session Aims:</b>	A fun pool experience using Easy breath Masks to complete individual and team-based challenges
<b>Equipment Required:</b>	Easy breath masks, lane ropes, buoyancy aids, various floating and sinking objects, balls
<b>Suitable Activity Areas:</b>	Designated safe area of Swimming Pool.

## Session Set Up

Ensure that the equipment is out of its box and is laid out neatly on the poolside. Masks should be laid out in size order, with floaters and sinkers displayed neatly by the side of the pool.

## Session Introduction & Welcome Activities

Explain to the group that they are going to use some specialist equipment to complete team and individual tasks throughout the session.

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.

Introduce the Easybreath Masks. Explain how they work and how to fit them to the participant's face. Ensure everyone is comfortable with this method and breathing through the masks out of the water.

## Main body of Session

### Practical Content

**Practice:** Allow the participant's time to practice using the masks. Firstly, the participants must duck their heads below the water to ensure a seal has been formed and water doesn't rapidly enter the mask. Ask the participants to swim the length of the pool and back with the snorkel out of the water. This can be done as a relay. Lastly, ask the participants to swim the length of the pool and back but this time duck underwater when they are ready to ensure they are comfortable with how the mask feels underwater.

**Relay race:** Split the group into two teams. Place sinkers at the opposite end of the pool, the teams must race to pick up all the sinkers from the bottom of the pool. Only one sinker can be picked up at a time.

**Hidden Treasure:** The staff member places the pearls in the pool, ensuring there are two blue pearls in play. Split the group into two teams and each team nominates a player to race to find one of the blue pearls first. Repeat until everyone has had a go.

**Shark attack:** Using the hungry shark sinkers kit, two teams must race to collect all the balls using the sharks. The sharks also double as batons for the teams.

**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.

- 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.

**Obstacle course:** Set up an obstacle course using the floating hoops and slalom seaweed. Teams complete the course in a relay style race.

**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 two balls into the pool. The participant from both teams with that number try to get a ball and score in the goal placed in the shallow end of the pool. First to score gains a point for their team.

**Sea Scooters:** Sea Scooters can be introduced at the end of the session and games from the Sea Scooter session plan can be introduced.

## 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.