

Water Walkers

Session Plan

Session Length:	45 mins – 1.5 hours
Session Aims:	To experience an exciting activity in the safety of a swimming pool environment
Equipment Required:	Water Walkers ball, Water Walker pump, large mat, lane rope, la bumpas, cones
Suitable Activity Areas:	Designated safe area of indoor or outdoor swimming pool

Session Set Up

Ensure that the Water Walker is set up in a designated area, the pump is tethered to a fixed point, the water walker has been tested and a daily operation sheet completed. Ensure that any wires are covered with cones and do not create a hazard and ensure that the water walker has a clear path into the water.



Session Introduction & Welcome Activities

Explain to the participants that they are going to take part in an exciting water activity called Water Walkers. Ensure that they are warmed up before going into the ball, which can either be a game below or some simple warm up stretches and moves e.g. star jumps, jogging on the spot, jumping, knee lifts.

Partners Body Parts: All participants are put into pairs and have to stand next to each other, shoulder to shoulder. The Staff Member must shout out the name of two body parts and the pair must put them together e.g. elbow to shoulder, hand to hand, knee to shoulder etc. The last pair to complete the move and get into position is out of the game.

Anyone With...: The participants sit in a circle with somebody in the middle. The individual in the middle must say a feature that may relate to some or all of the group members, for example, "Anyone with blonde hair". All the people in the circle with that feature (e.g. blonde hair) must stand up and swap seats. The person in the middle must try to sit in a vacant space.

Ensure that the participant has read the disclaimer and knows what to expect inside the Water Walker.

Communicate a signal to the participant that can be used from within the ball and will signify that the participant wants to come out of the water and be pulled back to the poolside.

Main body of Session

Practical Content

It is vital that throughout the Water Walkers session the Staff Member is being very loud and commentating on what is happening in the Water Walker. Although there is only one participant in the ball, the rest of the poolside and any participants waiting for their turn, should be able to hear the session and an exciting atmosphere should be created.

Speed Races: Two balls with participants inside are lined up at one end of the pool, and on the Staff Members command both participants must race to the other end of the pool, with the first person there declared the winner. Speed races can be used to as part of an organized Daytime themed activity.

Waterwalkerz Ball: Two participants are in a ball each and placed at opposing ends of the swimming pool. Goals are set up in the swimming pool for both participants and a large inflatable ball is thrown into the middle of the pool. On the Staff Members signal both participants must try to maneuver the ball into their opponent's goal. After a set time limit the participant with the most goals is declared the winner.

Count-Out: Two participants are placed in the balls in the water and a timer is begun. The participant that manages to stand up in the ball for the longest is declared the winner and the time is recorded for other participants to attempt to beat.

Record Setting: A participant enters the pool in the Water Walker. They must try to stand or run for as long as they can, and the Staff Member must time this. Each participant should get three attempts, and the person with the highest time at the end of the session, has the record for that session. Staff should remember the record and inform the team so that an overall season record can be kept.

Review

Congratulate all the individuals and announce any winners from games. A certificate can be awarded to winners of different games.