

Inclusion 2028

Para swimming

Floating Treasure Challenge

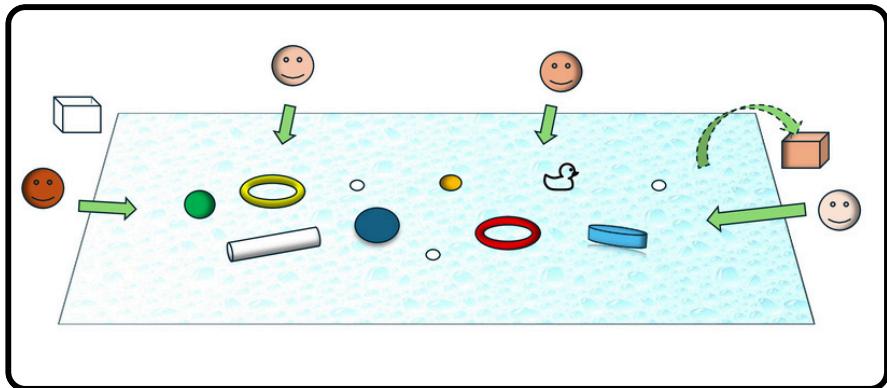
A fun team or individual water-based collecting game.

What you need

- A swimming or hydro pool with sufficient space for everyone in the group to be active together.
- Lots of items that will float on the water surface. For example: kick boards, lightweight balls, arm-bands and other small swim aids, table tennis balls, bath toys, empty plastic containers – anything that floats!

How to play

- Throw 10-12 floating objects into the pool. Ensure that some are further away (in the middle) and others closer to the poolside. This is the 'Floating Treasure'.
- This can involve a whole group (space permitting), teams of four (as in a team relay) or as individuals.
- At the start signal, swimmers travel out into the pool. They collect ONE item and return it to the poolside. If items remain, they go for another.
- Once all the items are collected, the challenge is over.
- Try going against the clock. Record how long it takes for all the objects to be collected. Have a rest and go again – try to be quicker this time!



Use the STEP adaptation tool to modify the activities

Space

- Place some floating treasure close to the poolside and some in the middle. Swimmers can collect according to their ability.

Task

- Swimmers can swim to collect objects or walk.
- They can collect an item and carry it to the side, or push it in front of them.

Equipment

- Putting more items into the pool will involve more journeys to collect them; fewer objects, less journeys.

People

- If a swimmer is receiving support in the water, they can hold onto the treasure while they are brought to the poolside – then place it on the side themselves.