

# Inclusion 2028

## Para swimming

### Relay Challenges

Pairs or small teams work together to complete different relay challenges.

### What you need

- Swimmers can work in pairs, threes or as a team of four.
- A variety of small objects, such as sponge balls, sponges, bath toys, kick boards.
- Timer.

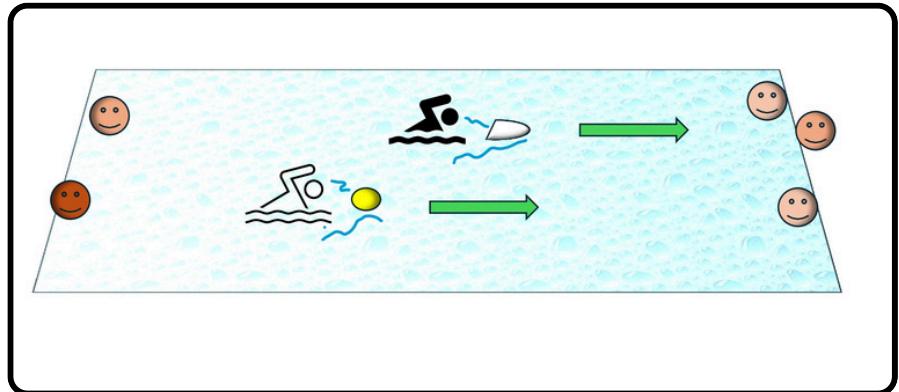
### How to play

#### Medley challenge

- Teams can swim widths across the pool or lengths, depending on ability.
- In mixed ability teams, swimmers can complete different distances.
- The aim is to complete the relay with each swimmer crossing the pool in a different way; for example:
  - swimming on the front; on the back; walking; free choice.

#### Pass it on

- Teams can swim widths or lengths according to ability.
- Team members carry or push a small item in front of them as they move.(for example, ball, float).
- They pass this onto the next swimmer who completes thier leg and passes it on – until everyone has taken a turn.
- Record the time taken and try to go faster next time.



### Use the STEP adaptation tool to modify the activities

#### Space

- Increase or reduce the distance covered by each swimmer.

#### Task

- Swimmers can stick to their favourite stroke or the best way for them to complete their leg.
- For example, They can swim or walk across the pool.

#### Equipment

- Have more than one object per swimmer (some swimmers do two legs instead of one, for example).

#### People

- Swimmers can complete different distances as part of a relay depending upon ability.
- Swimmers can have support in the water if needed.