



Aquafun / Swimming



About the activity

Swimming ability and water confidence are important life skills. Aquafun is about ensuring your pupils safely enjoy the experience of being in the water. It takes the form of games and team activities in our centre swimming pools, under the constant supervision of our qualified lifeguards. The actual activities will depend upon individual level – whether it's developing water confidence, improving swimming skills or working on personal survival and life-saving skills.

Activity aims

The aim of this activity is to:

- Allow guests to increase their water confidence.
- Allow guests to enjoy a free swim experience with friends and class mates in a safe environment.

Progression opportunities

Some participants may also:

- Take part in swim races.
- Take part in organised swim games.

In addition, participants should also have developed in the following:

- Interpersonal communication
- Teamwork
- Self confidence from participating in competition
- Understanding the rules of the game and why they need to be followed
- Effectively working in small teams supporting their peers throughout the activity and recognising their achievements

Learning outcomes

Upon completion of the activity, participants will have:

- Demonstrated the ability to listen to, understand and act on instructions received.
- An understanding of associated hazards.
- Enjoyed participating in a free swim session.

Associated vocabulary

Words relevant to safety	e.g. running, diving, bombing, lifeguard, whistle, alarm.
Words relevant to equipment	e.g. deep end, shallow end, bricks, hoops, rings, balls.
Words relevant to the activity	e.g. swimming, ducking, diving, breast stroke, front crawl, back crawl.
Words relevant to teamwork	e.g. achievement, challenge by choice, communication, encouragement, listening, participation, review, support, trust.