

Physical Activities in Water



**SPORT
NEW ZEALAND**

On 1 Feb 2012, SPARC
changed its name to Sport NZ.
www.sportnz.org.nz

Physical Activities in Water

Schools can include daily physical activity in their aquatics programme.

Many of the activities in the manual are easily adapted for the water e.g.

- Tagging games
- Partner activities such as pumping and sawing
- Dodge and Mark
- Here-There-Where
- In the Pond
- What's the Time Mr Wolf?
- Shoulder Push
- Hoppo
- Blob Tag
- Follow the Leader
- Over and Under Relay
- Fireman's Bucket
- Partner Lift.

Other Activities:

- Stretching in the water
- Running and walking widths or lengths
- Kicking with a float board
- Jumping up and down
- Circuit physical activities to music, such as twisting, astride jumps, knee lifts.