Senior Rotation activities - description

1st Rotations

1/ Noodle races – 2 groups, put half of each group on each side of pool – children have to use noodle like horse riding, they can run, jump etc across the pool. (equipment 2 noodles)

2/ Kickboard races – as above but children have to kick across the pool (equipment 2 kickboards)

3/ Cone water relay – 2 groups children fill the cone run it to the next bucket, empty then pass to the next person to run back, pass off, refill – winner who has the most water (equipment 2 cones – 4 buckets)

4/ Rob the nest – 4 groups, (equipment - 5 hoops, beanbags)

2nd Rotations

1/ Dress up races – 2 groups, half on either side of pool. Child 1 in each group puts on oversized tshirt and glasses, needs to get across pool, take glasses off and tshirt and pass to next person in their team

2/ Water polo race - 2 groups – child has to push/tap ball with hand across the pool they cannot hold onto it, pass to next person

3/ Fill the bucket relay– 2 groups children fill the cup run it to the next bucket, empty then pass to the next person to run back, pass off, refill – winner who has the most water (equipment 2 cups – 4 buckets)

4/ Sponge relay - 2 groups children fill the sponge run it to the next bucket, squeeze out then pass to the next person to run back, pass off, refill – winner who has the most water (equipment 2 sponges – 4 buckets)