



Educational materials developed as a part of the project:

"Against the flowing wave". Improving the competences of people working with youth with intellectual disabilities in the field of teaching safe use of water (swimming pool, lake, sea, etc.)

Project implemented by the Apertus Association under the Erasmus + Program

Project duration: 01/09/2019 - 31/03/2020

Financing from the European Union Erasmus + program:
EUR 9,128.00

Water games and activities used in work with children and youth with intellectual disabilities - as a form of extracurricular activities, recreation, spending free time and physical activity necessary to improve psychomotor development and social inclusion.

Swimming in the pool, although very healthy, is a bit boring in the long run. Usually, you swim alone. If we are at the swimming pool, by the lake or by the sea and want to spend time together, we will need some ideas for group fun. Sometimes you only need to have a ball to spice up your stay in the water. In addition, pool classes don't have to be limited to just learning and improving swimming. It is worth using a variety of games and activities during the pool classes that will allow you to better get used to the water, The role of good game or play has a great impact on later learning to swim.

WATER GAMES AND FUN TO BELT

Be smart

Number of participants: any. Utensils: balls. The course of the game: all participants of the game form a circle, inside which there is one of the participants of the fun, designated by the leader, whose task is to intercept the ball. When he touches her, the roles change. The person who "contributed" changes the middle one.

Mill wheel

Number of participants: any. Utensils: string with ring attached at the end. Course of play: the participants line up in a circle in water to the waist. One of the participants of the game is a "miller", stands in the middle of the circle and spins the "mill wheel". To protect themselves from the "mill wheel", the other participants must hide under water. The participant affected by the mill wheel "swaps places with" the miller ". Winners who are not hit by the "mill wheel".

Pirates and sailors

Number of participants: any. Utensils: ball. Game flow: the participants are divided into two teams. One creates a circle - they are "pirates" - and receives the ball, the other team is "sailors" who line up inside this circle. At the signal from the leading "pirates" try to sink "sailors" by hitting them with the ball. "Sailors", to protect themselves from sinking, hide under water or try to intercept the ball. When the team captures the ball, the roles change. The team with the most hits wins.

Shark and sardines

Number of participants: any. Utensils: not needed. Course of the game: all participants of the game - "sardines" - line up. Appointed by the teacher, one participant from the group is a "shark" and takes a place at a distance determined by the teacher behind the "sardines". At the signal of the leader of the "shark" chases "sardines". Caught "sardines" become "sharks". The "sardine" who is the last to catch is the winner.

DEEPER GAMES AND FUN

5 PASSES

Number of participants: any, two equal teams. Equipment: ball, pasta for each participant.

Game flow: the participants are divided into two teams. The players stay on the water, having pasta between their legs. One of the teams owns the ball. The task of this team is to make five passes among themselves, for which they receive one point. The opposing team is trying to intercept the ball. After scoring, the ball is passed to the opposing team. Do not tear or knock the ball out of your opponent's hands.

Water ringo

Number of participants: any, two equal teams. Equipment: ringo, pasta for each participant. Game flow: the participants form two teams. The players stay on the water, having pasta between their legs. The game area is divided into two equal fields with a line or net. Players flip over the rope or net ringo. The goal of the game is to make the wheel fall on the opponent's field and score a point.

Relay-race

Number of participants: any, even. Utensils: not needed. Course of play: the leader divides the participants into two teams. Half of the team members are on one side of the track, the other half are on the other. The first of the team starts at the signal, the length of the pool flows; the next competitor starts when he is touched by the hand of the competitor who has just completed the distance. The team whose competitors are the first to cover the entire distance wins.

Chase of a macaroni snake

Number of participants: any, even. Equipment and instruments: pasta for each exerciser. Course of play: the leader divides the participants into two teams. Team exercisers line up one after the other. Each of them sits on the pasta as on a "horse" and sticks to the front of the pasta.

Games and activities in teaching swimming

1. Layout

In water up to the waist, moving one leg first and then the other leg by holding the pole with both hands or by clasped hands, and when the pole or folded hands are at the back, at the height of the exerciser's hips, repositioning the legs and returning to the starting position.

2. Jumping to the circle.

Jumping from squat, half-squat or standing position to a plastic or rubber wheel lying on the water at a distance of about 1 m from the shore.

3. Fun with wheels.

In breast water, in groups of 2-3, hold the plastic circle lying on the water with both hands. At the signal leading the immersion, entering the circle inside and ascending to a standing position. At the next signal, immersion and exiting the circle.

4. Buoyancy cork exercise.

In a standing position in the water, take a deep breath, bend forward, immerse in water, grab the lower leg with both hands, pull your knees to your chin.

5. Dipping head under the board.

Dipping heads under a floating board. Breathe out into the water and return to standing with the head plunged upwards.

6. Cradle.

Exercisers hold hands in pairs. Alternate deep squats for full immersion in water with a leaning forward and leaning back.

7. Playing with balls.

Two or three children throws the ball. After catching the ball, full body immersion, ascent and passing the ball to the competitor.

8. Fish on the net.

A group of people hold hands and form a circle-net, and a smaller group - fish - enters. At the signal - the fish try to escape outside under the arms of children forming a circle - through the eyes of the net.

9. A boat.

One child from the pair lies on the water on the breasts or on the back, the other - facing the lying - pulls them by straightened arms.

10. Jumping into the water from the standing position to squat on the bottom. Participants jump individually into the water.

11. Carousel.

Children form a circle. After counting down to two, everyone moves around the circumference of the circle. At the signal "ones" lie on the back, "two" go further. On the second signal - change of roles and direction of advancement.

12. Submarine.

In pairs, the practitioner of the rebound slips under water and flows between the legs of the companion standing in a stride.

13. Exercise crawl leg movements.

Exercisers in lying on their breasts perform crawl movements of their legs, holding on with both hands the crossbar, with which they move forward supporting both sides from both ends.

14. Skidding on the back.

In the standing position in the water, stretching the arms up, the reflection of the feet from the wall with the tilting of the torso backwards and a soft body position on the water in the position on the back, head submerged to the ear line, arms straightened behind the head. The body slides for 3-5 seconds.

Fun with elements of sensory integration and body awareness in water - by using the knowledge of the participant and his problems, you can apply classes that are designed to introduce elements performed during land-based classes into the water to give a chance to learn about their reactions, sometimes de-sensitizing and preparing for the next stage .

Learning spontaneous play - a very large group among disabled children and youth are people who are unable to play spontaneously or have many fears, often associated with fears and anxieties. Learning spontaneous play - this is learning how to properly support a child in the water, how to use the pool infrastructure (e.g. water slides, geysers, fountains). In this case, when the parent feels insecure in the water, they can not use the swimming pool together with the mentee in a spontaneous fun game. I need the support of an instructor, a volunteer, to give a chance to participate in such fun.

Developing confidence - any onshore classes I conduct can be adapted, modified into swimming pool classes, knowing what water can cause. It facilitates the ability to perform activities that were difficult and nobody expected. its implementation. It builds the increase of motivation and value, makes it easier to overcome other problems.

Learning to be independent using activities in the water - many elements related to self-reliance can be practiced during swimming pool classes - it can be a full social skills training course and independence training, but not done in a room or therapy room, but "live" in the water and causing much more pleasure, which is a much bigger challenge.

Playing with animals in the water - it is known how important contact with the animal is. Playing with animals in water allows for many additional possibilities of supporting a disabled person. Depending on the goals, learning how to play, spontaneity, getting used to the natural water reservoir and its features (smell, changeable bottom, contact with other ground) up to joint play, e.g. with a dog, develops the emotionality and spontaneity of the participant, improving small and large motor skills. Dolphin therapy is also very popular for people with autism.