

CAMPS AT HOME

Aquatics Sport FUNDamentals at Home

Task #1 - Line Throw (target practice)

Items Required: Rope (5+ meters) and Hula Hoop

Steps:

- Place hula hoop 5 meters away
- Try to throw the rope with one hand, hitting the target 3 times within a minute, while holding onto the end of the rope with one hand.
- Once you can do this move back to increase the distance.

Task #2 - Risk/Hazards

Items Required: Paper and Pen

Steps:

- Walk around your house, yard or neighbourhood and identify 5 risks/hazards and how you could minimize the risk and increase safety.

Task #3 - Flip Turns (summersault)

Items Required: None

Steps:

- Find an empty clear area. Stand in a Rocketship position (streamline position). Standing up tall and placing arms up straight in the air and placing hands together. Then couch down into a small ball tucking your arms and legs tight together. You will then preform a summersault with or without assistance from a parent/guardian. Once the summersault is complete you will then stand back up in the streamline position.
- This can also be done in a pool if you have one.

Task #4 - Lifesaving Kicks

Items Required: None

Steps:

- Practice the 3 different swim kicks (scissor, whip kick, and eggbeater) on a bed, chair, or flat surface. One kick may be more dominant then the others but it is important to practice all kicks.

Task #5 - Can you spot what is missing?

Items Required: a towel, and 5-10 items

Steps:

- Lay the towel out on the ground and place the items on the towel.
- Let a partner (sibling or parent) look at the items on the towel for a couple of minutes, then have your partner turn around.
- Take away an item or two and then see if they can spot what is missing. Take turns. This works on scanning and awareness.

Task #6 - Obstacle Course

Items Required: chairs, sticks, hula hoops, rope, etc.

Steps:

- Create an obstacle course. At one end have items that you must bring back through the course.