

Toe Diving



Objective

- A fun and cooperative physical activity which requires teams to use tactics.



Equipment

- Water
- Paddling pools/ storage tubs
- Cones
- Toys



Preparation

- Split the children into teams of 4 or 5.
- Place a paddling pool or large storage tub (one between two teams) on the ground and fill with water.
- Add different types of toys into the water such as PE rings, toy cars, toy animals etc.
- Place a cone in front of each team as a starting line.



Instructions

- On go, one person from each team must race to the paddling pool/large storage tub and try to collect an item from inside using only their feet.
- Once they have retrieved an item, they must take it back to their team and the next player will go.
- The aim of the game is for each team to compete against another in a race to collect the most items from the paddling pool/storage tub.
- Each team must work cooperatively and communicate effectively to think of techniques to retrieve the items.
- Once the item is out of the pool/tub players can pick it up with their hands to run back.



Other information

- Blindfold players to add difficulty.
- Add smaller toys to the paddling pool/storage tub to add difficulty.

