

Name:

Date Assigned:



Fundamental Motor Skill: Floating (Body Position)

Activity: *Red Light, Green Light*

Number of participants



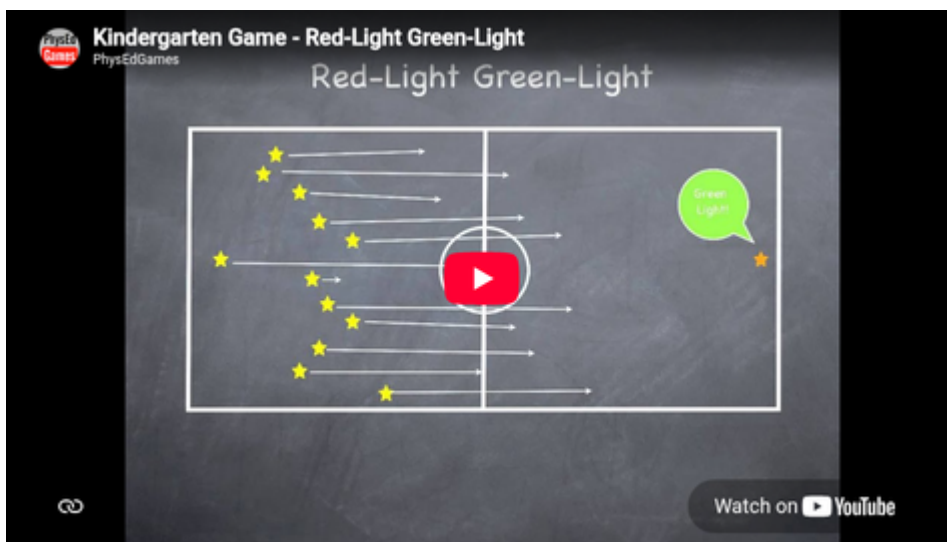
3 or more

Description: One child stands on the pool deck facing away from the group and is "it." When they say "Green Light," swimmers move forward using a designated stroke or kick. When they say "Red Light," swimmers must immediately stop and hold a controlled floating position. If a swimmer moves after "Red Light," they return to the start. Continue until one swimmer reaches the leader.



Adaptations for Wheelchair Users:

- Participants can remain in shallow water with assisted entry.
- Movement can be modified to supported walking or assisted propulsion.
- Floating hold can be adapted to supported back float or vertical float with instructor support.
- Visual cue cards can replace verbal commands if needed.



Skills

Physical: Controlled body position while stopping and holding a float

Cognitive: Impulse control and responding to verbal cues

Social: Group participation

Equipment

- None required

SMARTIE goal example:

- I will stop on cue and hold a floating position for 5 seconds, 4 out of 5 trials.
- I can float calmly when I hear "Red Light."

My personal goal:

Next Assessment Date:

Fundamental Motor Skill: Floating (Body Position)

Activity: Red Light, Green Light

 Wheelchair friendly?
Yes

Modifications

To make the activity easier	To make the activity harder
Change the equipment	
• Use a pool noodle for floating support • Use visual cue cards instead of verbal commands	• Add gentle water turbulence (small waves created by instructor) • Remove floatation devices
Change the task	
• Allow walking in shallow water • Shorten the travel distance • Increase time between cues	• Increase float hold time to 8–10 seconds • Require streamline position when stopping