

Name:

Date Assigned:



Fundamental Motor Skill: Dynamic Balance

Activity: *Sharks & Minnows*

Number of participants



4 or more

Description: One swimmer ("the shark") starts in the middle of the pool. The remaining swimmers ("minnows") line up along one wall. On the instructor's signal, minnows swim across to the opposite side. The shark tries to tag them as they swim past. If a minnow is tagged, they become sharks and help tag in the next round. Continue until one minnow remains.



Adaptations for Wheelchair Users:

- Participants can enter using assisted entry and remain in shallow water.
- Movement can be modified to supported walking, supported propulsion or assisted directional changes.
- Tagging can be adapted to using a pool noodle instead of hand tag.



Skills

Physical: Propulsion, change of direction, endurance, dynamic balance

Cognitive: Reaction time, strategy

Social: Turn-taking, group play

Equipment

- None required

SMARTIE goal example:

- I will swim across the pool and change direction safely without losing balance, 4 out of 5 trials.
- I can move in different directions in the water without falling or stopping.

My personal goal:

Next Assessment Date:

Fundamental Motor Skill: Dynamic Balance

Activity: Sharks & Minnows

 Wheelchair friendly?
Yes

Modifications

To make the activity easier	To make the activity harder
Change the equipment	
• Use float belts or noodles to increase trunk stability • Mark a shorter swim distance with cones or lane markers	• Remove flotation support • Add floating obstacles to navigate around
Change the task	
• Allow walking instead of swimming in shallow water • Reduce the number of sharks (less directional pressure)	• Increase number of sharks (more unpredictable movement) increase physical and cognitive demand