

Name:

Date Assigned:



Fundamental Motor Skill: Kicking

Activity: *Kick of War*

Number of participants



4 or more

Description: Swimmers stand or kick in a circle holding a noodle or kickboard. On a signal, all players must kick continuously to stay afloat and try to avoid being the slowest kicker or last one moving. The goal is to keep moving forward while adjusting to other swimmers, helping build steady kicking and better body control in the water.



Adaptations for Wheelchair Users:

- Dryland seated kicking using resistance band or simulated flutter kicks
- Supported vertical kicking with instructor assistance
- Reduced duration intervals



Skills

Physical: Kicking endurance, propulsion, coordination

Cognitive: Decision-making, reaction time

Social: Cooperative play, friendly competition

Equipment

- Pool noodles or kickboards

SMARTIE goal example:

- I will perform a continuous flutter kick for 20 seconds without stopping, 4 out of 5 trials.
- I can maintain straight legs and controlled kicking for 10 meters.

My personal goal:

Next Assessment Date:

Fundamental Motor Skill: Kicking

Activity: *Kick of War*

 Wheelchair friendly?
Yes

Modifications

To make the activity easier	To make the activity harder
Change the equipment	
• Use shallow water where swimmers can touch the bottom • Reduce circle size to decrease movement variability	• Move to deeper water where swimmers cannot touch • Increase circle size to require more spatial adjustment
Change the task	
• Reduce kick duration (10-second rounds) • Allow short rest breaks between rounds	• Increase duration to 30–45 seconds • Add push-off start before kicking begins