Pentland

Panathlon Swim 10m:

The Panathlon Foundation made the decision in May 2020 to make the 2020-2021 school term competitions virtual events due to the uncertainty of Covid-19 and the advice given to ensure the safety of all involved.

We have created a programme of activities to replicate those we would normally deliver for SEN children at our swimming galas. All the activities are designed for schools to discover the fair play ethos of Panathlon and to encourage water confidence.

Available from February 2021 (see previews)

The format encourages swimmers and non-swimmers alike to participate in individual challenges, enabling children to have improved and first-time experiences in the pool. Competing individually or part of a team, the recommended team sizes 5 – 9 pupils.
Swimmers times are added across the activities to form an individual score or alternatively, team scores allow the students to compete on behalf of their school, with the top 2 individual scores recorded as a team score.

REWARDS

Certificates and stickers. Each school that participates will need to submit their monitoring forms to their Panathlon representative. Schools will then be sent certificates and stickers.

Leaders: Schools to decide (based on current school risk assessments) Panathlon will provide merchandise as a form of recognition, on submission of monitoring forms.

HOW TO ENTER

➢ Look through the previews and decide if they are suitable for your school

➢ Entries to be returned to your own SGO or entries@panathlon.com

➢ The Panathlon team will send out a full events programme and all the information required. If you need any further information please go directly to tony@panathlon.com

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Panathlon Swim 10m:

Torpedo – Push & Glide

Aim:

- Swimmers start in the water with both hands behind them holding onto the side.
- With a strong leg push off the side to travel, swimmers should get in a streamline position.
- Measurement taken from where the swimmers fingers have reached or they stand up/stop moving.

Ferry Travel

Aim:

- Swimmer starts in the pool with a floating object or toy on their kickboard/float.
- The swimmer must balance the object/toy on the float and time is recorded when the object is placed on the wall at the other end of the pool.
- Swimmers should not hold the object/toy.

Slam Dunk

Aim:

- The swimmer starts with one hand on the ball and one on the wall and on the whistle, swims towards the basket.
- When 1m away from the basket the swimmer may take a shot
- The time is recorded and 2 seconds deducted for a successful shot.

10m Swim – with or without floatation aid

Aim:

- The swimmers will start in the water and should swim on their front. (a flotation device is optional)

- Record the time to swim 10m (touch on the wall to finish)

Panathlon Swim 10m:

Treasure Hunt – Floating Objects

Aim:
- A variety of floating objects are placed in the pool (suggested 12-15)
- The swimmer starts with one hand on the float. On the whistle they will have 20 seconds to collect as many items as possible and return them to the raft/float on the poolside.
- Swimmers can only collect one item at a time. If they bring back two items the officials will remove one of them.
- Competitors should be encouraged to swim at all times rather than walk.

Treasure Hunt – Sinking Objects

Aim:
- A variety of sinking objects are placed in the pool (suggested number 12-15.
- The swimmer starts with one hand on the float. On the whistle they will have 20 seconds to collect as many items as possible and return them to the raft/float on the poolside.
- Swimmers can only collect one item at a time. If they bring back two items the officials will remove one of them.
- Competitors should be encouraged to swim at all times rather than walk.

Popcorn

Aim:
- Four different coloured buckets or areas are placed at the corners of the pool.
- The swimmer starts facing away from the pool with both hands on the float.
- On the whistle a ball is thrown into the centre of the pool, the swimmer retrieves it before placing it in the corresponding bucket or area, returning to the float for the next ball to be thrown.
- The time is recording for the four balls to be placed into their correct boxes/areas before returning to the float to touch it to finish.

www.panathlon.com

Send your entry form or for more information please contact:
entries@panathlon.com

To receive a full events pack containing: Comprehensive rules, set-up, score sheets and monitoring forms.

For further information if required, please contact **tony@panathlon.com**

Good Luck
and we hope you enjoy
the activities!