



Panathlon Discovery
Virtual Games Programme

Pentland

Panathlon Swim 5m:

(Includes Hydrotherapy pools)

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



Panathlon Swim 5m:

(Includes Hydrotherapy pools)

Flipper on their Back

Aim:

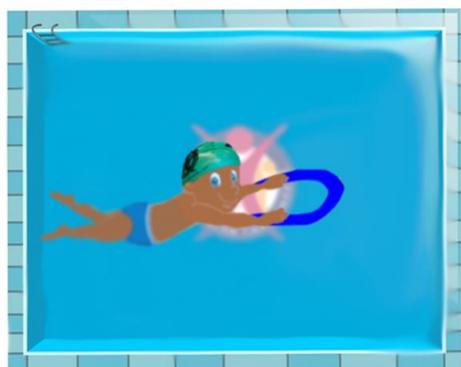
- Ensure that this activity takes place in a pool area where the swimmer can stand, start by holding onto to the side with one hand.
- Swimmers lay on their back with their head dropped back in the water and arms and legs outstretched.
- The time is recorded from when the hand lets go of the side of the pool to the time the swimmer touches the bottom of the pool with their feet.



Speed Boat

Aim:

- The swimmer selects a half noodle/noodle and forms a 'speedboat nose' by pushing the ends together.
- The swimmer then lays their arms along the line of the speedboat nose.
- On the start whistle the swimmer kicks to the finishing line holding the arm position on the noodle. Official records the time taken.



At the Races

Aim:

- The swimmer pushes the noodle between their legs so that they are upright and sitting on it. The noodle is now in a 'U' shape.
- The swimmer holds the front of the noodle that is out of the water with both hands.
- On the whistle the swimmer kicks (cycles) his/her legs for forward propulsion.
- Record the time to travel 5m.



5m 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 5m (touch on the wall to finish)





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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.



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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!**



www.panathlon.com