

Name/Title: Swimming Survivor Challenge IV

Purpose of Event: The purpose of this activity is for students to practice using a mask, snorkel, and fins to collect items from the bottom of a pool.

Prerequisites: Students should be able to swim as well as hold their breath while going under water.

Suggested Grade Level: 9-12

Materials Needed: Masks, Snorkels and Fins for each student, 50 or so small chips, (Checker chips work well, but the white ones are very hard to spot) twenty nickels, and the [Dive Challenge Task Sheet](#).

Description of Idea

After teaching the students snorkeling basics such as clearing their masks underwater, de-fogging, free dives, clearing their snorkels, and the Valsalva maneuver, I give them the next Survival Challenge.

The task sheet says:

IN THE YEAR 1650 THE GREAT SHIP SPARTANIA SANK IN THE WATERS YOU SEE BEFORE YOU. AMONG THE REMAINS OF THE GREAT SHIP ARE ITS TREASURES. USING YOUR MASK, SNORKEL AND FINS, FIND AS MANY COINS AS YOU CAN. THE RED COINS ARE WORTH 1, THE BLACK ARE WORTH 2 AND THE SILVER MEDALLIONS ARE WORTH 3. GET AS MANY AS YOU CAN AND BRING THEM BACK TO YOUR SIDE. YOU HAVE THREE MINUTES.

After all the coins have been collected, I count them and determine a tribal winner! I keep track of the winning tribe each day and the overall winning tribe is awarded some type of extrinsic reward at the end of all the Survivor Challenges.

Variations:

This activity can be used in accordance with any aquatic skills that need to be taught. The key is to have a Survival Challenge at the end of the day to act as a culminating activity and to allow students to apply what they have learned in a competitive or real life situation. Having a block schedule is also beneficial since it allows one and one-half hours class time, so adjustments should be considered for shorter class periods.

Assessment Ideas:

Use peer checksheets to assess learning.

Teaching Suggestions:

While students are engaged in the activity, travel around the pool providing feedback to students, or asking them to demonstrate different skills such as clearing their mask or clearing their snorkel.

Adaptations for Students with Disabilities:

Students can work with a partner.

Assign different colored chips to different students based on their abilities and needs.

Use nets and floating objects for students who cannot submerge.

Submitted by **Chris Duerk** who teaches at McFarland High School in McFarland, WI. Thanks for contributing to PE Central! **Posted on PEC: 9/24/2001.**

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