



## Beach Carnival with Swimming

**Recommended Age Group:** All Ages

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### **Activity Description:**

A Beach Carnival can be run with all ages; however changing the activities to make the carnival more age specific is a good idea. If the group has done a Surf Safety lesson, be sure not to repeat any of the activities done during that session.

- Welcome & Briefing
  - Games
  - Morning or afternoon tea
  - Games/water activities
  - Free swim/boogie boards
  - Get changed/depart
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### **Equipment Required:**

- First aid kit
  - Boogie boards
  - Game props (look at games below for required equipment)
  - Sun and surf safety equipment
    - Tubes
    - Swim flags
    - Sunscreen
  - Emergency communication device (mobile phone)
  - Morning or afternoon tea
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### **Number of Coastlife Staff Required:**

25 students = 2

50 students = 3

75 students = 4

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**Duration of Activity:** 3 Hours

- 00:00 (15 min) Arrival, welcomed by staff, outline of session and set boundaries
  - 00:15 (60 min) Group games
  - 01: 15 (15 min) Snack break and change into swimmers
  - 01:30 (30 min) Water games (getting used to getting in)
  - 01:50 (30 min) Free time swim
  - 02:30 (20 min) Get changed
  - 02:50 (10 min) Organise group and thank for session
  - 03:00 (0 min) Depart
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**Suitable Location/Setting:**

Any beach area where it is safe to swim

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**Safety Considerations:**

- Road and vehicles
    - Inform group and teachers about the roads and parking areas that they need to be careful around.
  - Surf conditions:
    - Is it safe to enter the water? Have the conditions changed during the session?
  - Other beach users
    - Who are the other beach users and how will your program impact them?
    - What can be done to ensure the safety and enjoyment of all parties?
  - Objects on beach and in play area
    - Do a walking sweep of your intended play area. Check for; sticks, rocks, glass and other sharp objects, fire (remains under sand), lost property belonging to other parties
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**Program Delivery**

**Introduction Briefing Points:**

Make your delivery high energy and loud enough for everyone to hear you. Explain where toilets are and the boundaries, and any changes to the program (surf report, shortened time of activity etc.)

**Activity Delivery Process:**

- Make sure that your directions are clear and concise
- Make sure everyone can hear you
- Move onto the next game before energy runs out,
- Include a mixture of whole group, small group, all in and elimination games.

**Games:** These are a variety of different games you can play at the BEACH CARNIVAL (remember to think age appropriate when choosing which to play).

**Paper Rock Scissors - Champion of the World: 10 minutes**

Participants pair up and play rock paper scissors. The winner goes onto the next round. The loser becomes the winner's BIGGEST FAN! (& cheers for them). When 2 groups play, the losing group all join onto the winner's group. When there are only 2 groups, stop the game and bring everyone in for the showdown. The winner of the last round is the champion of the world.

**Chuck the chicken: 15 minutes**

Divide the group in 2. One group lines up single file and passes the chicken "over /under" to the end of the line. (Over the first person's head, then the next person passes it between their legs, and so on). When the last person gets the chicken they shout "chuck the chicken!" and throw it as far as they can.

The group then huddles into a tight bunch and a single person runs around the group. 1 lap of the group = 1 point.

As soon as the 1<sup>st</sup> group shout "Chuck..." the 2<sup>nd</sup> chases the chicken, lines up single file and copies the process. As one group throws the chicken and scores points, the other chases it and passes it down the line.

A staff or leader should be with each group to count points and encourage participants. First group to 50 points wins.

**Crab Soccer: 15 minutes**

Is like regular soccer, where players use the "crab crawl" to move about. In a small defined field with goals at the ends, participants 'crab crawl around and try to kick the ball through the opposing goal.

The Crab Crawl: starting from a sitting position, lean back and put your hands out to support yourself then, by putting your feet out in front of you "stand" up. Moving effectively in this position is hard and requires some practice!

**Huckle Buckle: 10 minutes**

Get everyone in pairs. Then form 2 lines of people, facing each other shoulder to shoulder. Pairs should be opposite each other on opposing teams. This game involves the two people running at each other and 'connecting' 2 body parts in the middle of the game space. Play a few rounds and then start eliminating the last people back across the line.

The facilitator shouts to the group "Huckle buckle... [insert 2 body parts here]" and the group then runs and connects them. See below for examples:

<b>HUCKLE BUCKLE!</b>	
Start safe and easy:	Hand to hand, hand to foot, shoulder to foot, elbow to hand, high 10, ear to shoulder.
More care needed:	Knee to knee, knee to elbow, head to head, nose to nose, cheek to cheek
Just for a laugh:	Bum to bum, nose to arm-pit, hip to hip, ear to nose.
Challenging:	Back of knee to back of knee, back of head to bum, bare foot to bare foot (when shoes on)

**Sand Engineering: 15-20 minutes**

Divide the group into teams of 3 or 4. Give each team a tennis ball & tell them they have 15 minutes to build a track in the sand starting from a point near the sand dunes or at the base of the deck at the Tathra surf club, & the aim is to build the track for the ball to roll along, aiming to make it roll the furthest, & closest to the water. They can only use themselves & ball to make track. They can use wet sand. They can make the track however they want with holes, bumps, windy track etc. Once 15 minutes is up, go along & test each track to see which team can get the ball to roll the furthest. The team can give their ball a push to start.

**4 Way Tug-O-War: 10-15 minutes**

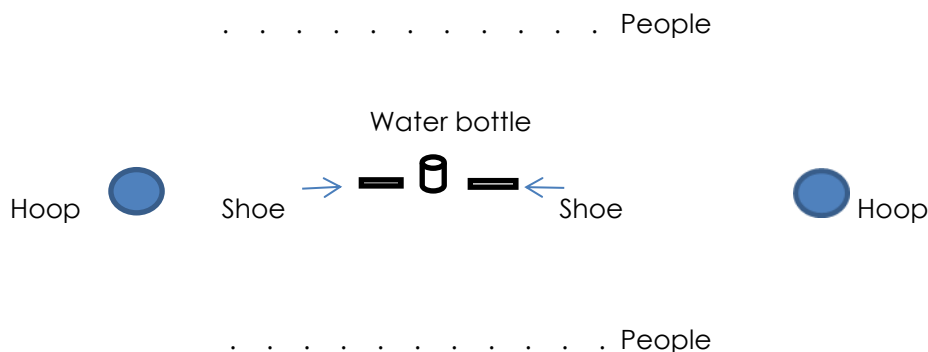
Divide the group into 4 teams; have a 4 way Tug-O-War Challenge. (If you didn't do this activity during a Surf Safety Lesson)  
Set the rope up in the sand, making sure the white cloths are even for all teams & make a square in the sand for it to start in.

**The Ultimate Shoe Game: 20 minutes**

This aim of this activity is for each participant to try & score a point for their team, they do this by competing against an opponent from the opposite team. Set up an area with 2 hoops facing each other roughly 15 metres apart. In between these hoops there is a half filled water bottle on the ground in the middle (the same distance from each hoop), either side of the water bottle is a shoe. There should be 2 shoes total, one either side. Once you have 2 even teams you need to have them standing opposite each other, with this set up in between them.

Once they have lined up they should be given a number 1-25 or however many is in each team. On the opposite team there will be someone with the same number as you, as the teams are even.

Once each of them knows their number, you can begin the game. The aim of the game is to knock over the drink bottle with a shoe before your opponent does. You must be sitting in either hoop, and you continue to throw until you have knocked it down. The game can be played until everyone has had 1 or 2 attempts, depending on number of people & time you have. The instructor calls numbers randomly & keeps score.



### Obstacle Course: (Great for Older Students) 15-20 minutes

Break the group into 2 teams. There are 3 different challenges each team has to complete. On the Whistle both teams start, it's a race between both teams, to see which team can complete challenges the quickest & get to the end 1<sup>st</sup>.

**Challenge 1:** Group forms a circle and passes a ball held between the chin and chest around the circle without using hands, aiming for one full round.

**Challenge 2:** Using the Wooden Land Ski's, the group has to get their entire group from one set of cones to the other (set up cones roughly 15 metres apart). As you can only fit 6 people on the ski's at one time, the group may have to do this in stages, moving 6 over at a time, and then returning the ski's to get the next part of the group across. Once they have their whole team across they run to the next challenge.

**Challenge 3:** Three legged race relay.

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## Water Game

### Holey Pipe Activity

2 teams compete to fill a pipe with water and float a ball out from the pipe. Water is transferred to the pipe using cups, in a relay race fashion.

Equipment Required: (for a group of 20)

- 4 foam mats
- 2 holey pipes
- 2 balls (tennis or Ping-Pong)
- 25 cups (10 per team, and a few extra)
- Access to water
- Area suitable to play

Introduction Briefing Points:

- This is a team game and each member is expected to participate and work as a group to fill the pipe and float out the ball.
- The game will be over when one team manages to get their ball to float out of the pipe.
- The ball must be "floated" out of the pipe without assistance from the group by tipping the pipe or touching the ball.
- Each member of the team takes turns to fill a cup from the sea, carry it to the pipe and deposit it into the pipe.
- No sand is to be collected in the cups
- The pipes must be stood upright on top of the mat.
- The mats are not allowed to be moved.
- Students may take one cup of water at a time from the sea to the pipe.
- Any person found to be deliberately sabotaging the activity, or behaving in a manner the instructor deems unsafe, may be removed from the activity.

Activity Setup & Delivery:

- Set up the 2 foam pieces: 2 pieces 3m apart and 10m away from water – lay the 2 pieces of pipe and a ball in the bottom of each.

**Special NOTE:** The participants shouldn't know that the pipe has holes in it before the game begins – the discovery of holes is supposed to make them work as a team to overcome a challenge and the planning process during the game makes for important debrief material.

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### **Free Swim & Boogie Boarding**

Tell participants they will need to share boogie boards and explain the boundaries. Set boundaries safe for group size and conditions.

- School staff/teachers are to monitor all children on the beach at this time whilst the Coastlife staff guard those in the water.
  - Allow time for participants to get changed. School to supervise this, whilst the Coastlife staff pack-up equipment.
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### **Debrief Points and Outcomes**

Thank staff, co-leaders and the students. Remind them of safety at the beach and out in the sun, and wish them well for the remainder of their time here. Check that everyone has their gear, and pass on lost property to school staff.