

# Swimming Challenge



**Just keep swimming...**

Get ready to dive into 40+ brand new splash-tastic activities! Perfect your kicks, glide like a fish, and make waves whilst having a whale of a time!

For even more programme ideas check out our 'Swimming' board over on [www.Pinterest.com/PawprintFamily](https://www.Pinterest.com/PawprintFamily)

**#AdventureForAll**  
[www.PawprintFamily.com](https://www.PawprintFamily.com)

# Meet the FAMILY

Hi there! We're Charlotte & Jamie, the husband and wife team behind the Pawprint Family and we believe in #AdventureForAll.

It's our mission to help leaders, teachers and parents save time by providing ideas and opportunities to help them deliver everyday adventure and skills for life. We do this through our family of brands; find out more below and head to the website for your next adventure!



## PAWPRINT BADGES

Pawprint Badges provides thousands of free activity ideas and resources to help leaders, teachers and parents deliver fun and adventure.

Every activity helps you share skills for life and is linked to one of our pawesome embroidered badges. Build your collection and celebrate adventures, new skills and knowledge gained.

## PAWPRINT TRAILS

Pawprint Trails are treasure-hunt style walks around locations in the UK. Solve puzzles, track down the answers and explore everything our great country has to offer.

From historical sights to popular culture discover something new or rediscover a love for where you live then collect the badge to remember your adventures!

Whether you're looking for the perfect addition to your next family holiday or a few hours of fun with friends; each trail can be completed in a few hours or extended with our activity suggestions in to a weekend or a week's worth of fun!

## PAWPRINT TALES

Pawprint Tales are fully illustrated stories that can be enjoyed by the whole family. Join Alfie (our fox-red Labrador) on his adventures around the UK – solving puzzles, turning detective and making new friends. With twists and turns, every tale is an opportunity to discover new places, people and history without needing to leave the comfort of your own home.

Enjoy Pawprint Tales alongside your Pawprint Trails or as a standalone adventure!

## PAWPRINT TRUST

Every brand in the Pawprint Family supports the Pawprint Trust with a percentage of profits from every sale providing grants to young people. We're passionate about enabling young people to access life changing adventures.

Share your adventures and join us over on our social channels for even more adventures and a nosy behind the scenes at Pawprint HQ!



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# HOW TO: Use Your Challenge Pack



This Challenge Pack has been divided into 4 sections: Craft, Food, Games and Other. In order to help you provide a balanced and varied programme for your young adventurers we recommend that the following number of activities are completed by each age group:

<b>Age 3 - 5</b>						
<b>Age 5 - 7</b>		<b>Craft</b>	<b>Food</b>	<b>Games</b>	<b>Other</b>	<b>PICK</b>
<b>Age 7 - 11</b>	+					
<b>Age 11 - 14</b>	+					
<b>Age 14 - 18</b>	+					
<b>Age 18+</b>	+					

**Leaders, Teachers & Parents**  
Award yourselves a badge for supporting your young adventurers in their activities!

## TOP TIPS

- Adapt activities as necessary to meet your needs.
- Add your own activity ideas or develop them into projects.
- Use what you have; don't buy in lots of new materials/equipment.
- No need to send us evidence, responsible grown-ups decide when the badge has been earned.
- One challenge badge can take as long as you like; from a few hours to days or even a full term!

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# Craft

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-  The first swimming goggles were created using tortoise shell. Rubber goggles took a long time to become what we know today, but they were first introduced in the 1930s.
-  Decorate a swimming cap.

Did you know?

The Guinness World Record for the most swim caps worn at once is 75! It was achieved by Hristo Terziyski in Belgium, on the 4th of April 2014.

-  Design a water safety poster to show the important rules everyone should follow when near a swimming pool.
-  Create a wearable mermaid tail or blanket. Would your tail be waterproof and suitable for a deep sea swim?
-  Craft some paper fish or sea creatures to hang from the ceiling using colouring paper and string.
-  Cut up a pool noodle and use it to print circular patterns with paint.
-  Make an elephant mask.

Why?

Elephants are incredible swimmers and use their trunks as snorkels! They can swim for up to six hours and cover distances of 25 miles.

-  The butterfly is one of the four main swimming strokes alongside the front crawl, breaststroke, and backstroke. Use natural objects from around your garden to create a picture of a butterfly. You could use small twigs, leaves, flower heads, or even petals.
-  Build a model of the RMS Adriatic using junk model materials.

What?

The RMS Adriatic was a British ocean liner that launched in 1906. It was the first cruise ship to have a swimming pool on board!

-  Ancient Egyptian drawings and paintings show that people were swimming as far back as 2500 BC. Create your own illustration of a swimmer in the style of ancient Egyptian art.



# Food

**PAWPRINT  
BADGES**

-  Create a mini swimming pool by colouring water with blue food dye, then using strawberry laces and cereal loops to make the pool ropes and rings.
-  Decorate ring doughnuts with different coloured icing or melted candy melts to look like rubber rings.
-  Michael Phelps has won 23 Olympic gold medals in swimming. Bake round biscuits and make a small hole at the top so you can thread a ribbon through to create Olympic medals. Paint the biscuits with edible gold, silver, or bronze paint for a realistic finish.

## Did you know?

Swimming was first introduced in the first modern Olympic Games in 1896, but women could not participate in Olympic swimming until 1912 at the Stockholm Games.

-  After swimming, our bodies need energy to recover. Instead of heading straight to a vending machine, create your own healthy snack such as a trail mix. Choose ingredients that provide longer-lasting energy to help your body refuel and recover.
-  A good breakfast is beneficial in setting swimmers up for the day. Try out some healthy breakfast ideas such as porridge with fresh fruit, natural yogurt, or eggs with wholemeal toast.
-  Fix up your own layered jelly cake or dessert inspired by a lake of your choice. Use different colours to represent the water, plants, and other features of a lake.

## Why?

The longest distance swimming in relay in open water is 684.75km (425.48 miles) and was achieved by a team of 200 swimmers at Lake Camlough in Northern Ireland in 2009.

-  Make some biscuits in the shape of swimming trunks or swimming costumes, then decorate them using colourful icing and sweets.
-  In an interview with Speedo, World Record-holding swimmer Ellie Simmonds shared what she eats whilst training. Her day includes oats with chia seeds and mixed berries for breakfast, toast topped with spinach, smashed avocado, beetroot and eggs for lunch, and a coconut and chickpea bake with rice and broccoli for dinner. Try out Ellie's training meals for yourself. You can read the full article at <https://www.speedo.com/blog/team-speedo/what-does-ellie-simmonds-eat/>.



# Games

**PAWPRINT  
BADGES**

-  Reuse pool noodles to make your own hobby horse and have races with your friends or family members.
-  Play a game of water polo.
-  Challenge yourselves to a game of Invisi-bottle.

## What?

All players must line up with their backs turned away from the pool. A leader or non-player throws a water bottle into a pool. When the players hear the splash, they must turn around, jump in and race to find the bottle. It's trickier than it sounds as the bottle blends into the water. Who can find it the fastest?

-  Take part in a game of water volleyball.
-  Play Fishy in the Middle.

## How?

Two players stand opposite each other with one player, the 'fishy' in the middle. The outside players throw the ball to each other while the fishy tries to catch it. If they fishy catches the ball, the player who threw it comes the new fishy in the middle.

-  Enjoy playing a game of marco polo.
-  Challenge yourself to see how many lengths you can complete in the pool swimming backwards.

## Did you know?

The greatest distance swam backwards, in 8 hours is 9.73 miles. This was achieved by Anton Krivski in Ireland, on the 4th of September 2022.

-  In the past, many schools didn't have swimming pools, so children often learned to swim in nearby rivers. Enjoy a river related game such as Poohsticks or River and Bank.
-  Scatter some 'treasure' using objects such as plastic disks in the pool. Players must dive in to collect as much treasure as they can. After a set time, the player with the most treasure is the winner. Don't forget your goggles!
-  Invent your own swimming games and get creative in the pool. Think up new challenges, races, or team activities to enjoy with friends or family.



# Other

- 🐟 Attend a swimming lesson to learn new strokes or improve your technique.
- 🐟 Read a book about a creature that swims such as *The Rainbow Fish* by Marcus Pfister or *The Singing Mermaid* by Julia Donaldson and Lydia Monks.
- 🐟 Organise a swimming/pool themed party.
- 🐟 Have a go at synchronised swimming and create your own routine.
- 🐟 Go swimming in your pyjamas.

## Why?

Swimming in pyjamas helps children learn what to do if they ever fall into water unexpectedly. Wet clothes can become heavy and make swimming more difficult, so practicing in them teaches important safety skills and builds confidence in the water.

- 🐟 Watch the 2003 Disney Pixar film *Finding Nemo* (rated U) and join in with Dory as she sings "Just keep swimming..."
- 🐟 For many years, people have been told to wait an hour after eating before swimming. Is this a myth or fact? Discuss with your friends, family, or group.
- 🐟 In 1875, Captain Matthew Webb became the first person to swim the English Channel. Find out more about this incredible achievement, including how far he swam and how long the swim took.
- 🐟 Spend the day at the seaside and enjoy a swim in the sea. Remember to stay close to shore and ensure little adventurers are accompanied by an adult.
- 🐟 Write your own song or poem about swimming.
- 🐟 Choose an animal or character and swim a length in a way that matches how you imagine they would move through water.
- 🐟 Swimming engages almost every muscle in our bodies. Have a go at some other sports that work multiple muscle groups, such as rowing, gymnastics, or rock climbing.
- 🐟 Benjamin Franklin invented an early version of swim fins, also known as flippers, at the age of 11 in around 1717, though at the time they were just two pieces of wood that helped him move through the water faster. Try swimming using flippers and see how it changes the way you swim.

## Adventure Complete?

Reward your young adventurers with their Swimming Challenge badge to mark their achievements! Head to the website to bag yours, download certificates and discover even more adventures!



## Create a Keepsake!

Experienced adventure? Made memories? Then it's time to create a keepsake! Our Pawprint Family camp blankets are the perfect place to sew your badges and look back on them for years to come.



## Personalise it!

Got your camp blanket? Then it's time to make it yours! Our alphabet badges are big, bright and bold...the perfect addition to your camp blanket, hoodies, bags and more. What will you personalise first?



## Even More Rewards!

We're all about added value here at Pawprint Family. In addition to the 1000s of free activity ideas and resources you'll find loyalty stickers in every order and you can claim Children's University learning hours too!



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