

Go Outside

Underwater Balloon Race

What you need:

2 balloons
1 rope
Pool



How To Play

Divide players into 2-4 teams of about 4-8 players. Make sure that all players know how to swim because they will have to swim the full length of the pool. If the pool has a rope to separate the shallow from the deep leave that in the pool. If it does not have a rope, you must add a rope that the players will have to swim under if at all possible. You can either have one large t-shirt that will be passed off to each player during the race or everyone will have his or her own t-shirt on.

On go the first player from each team will put on the t-shirt, take one balloon and jump into the water. Once they are in the water they will put the balloon under their t-shirt before they can swim away. When they have the balloon placed under their t-shirt, they will swim to the other end of the pool and back. If you have a rope they will have to swim under the rope that is stretched across the pool, this is not an easy accomplishment. The balloon tends to pop out depending on how it is placed, either in the front or on the back. Let them choose where to carry their balloon and the whole team will see the advantages of balloon position as they go. If a balloon pops out the swimmer is to return to that position where it was dislodged, replace the balloon and continue. The first team to complete the rotation wins