

# U6 Activity Card



## Surf negotiation - dolphin dive

### Equipment

In- water supervision.  
Hula hoops.  
Markers or cones to boundary on land.

### Matrix link



### 3. Surf negotiation

### Diagram



### Instructions

Dolphin diving is used after wading and before full swimming when heading out to sea. This is usually in water between knee and waist depth as wading becomes difficult. The aim is to keep the momentum built up during the run into the water and wading stage.

The parts of the dolphin dive.

1. Dive forward from waist-depth water with arms outstretched to the sea floor.
2. Grab the sea floor as you bring your feet and hands together in a crouch.
3. Push off the sea floor with your feet, maintaining your forward momentum to repeat another diving movement.
4. Take another breath as you exit the water and complete another dive.
5. Repeat the process until you reach a depth where your progress is slowed.
6. Look ahead to time your approach to the next wave and then start swimming.

Most under six's will not be ready for swimming yet, but it is important that we build confidence going under waves and dolphin diving even for those not yet able to fluently swim. Dolphin diving is a really great way to build streamline skills and confidence submerging in the water.



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## Activities

### Beached whales.

- Group lies down on water's edge and when a wave comes, they let it wash over them.
- Aim is for participants to confidently shut eyes and mouth and let wave wash over their whole body.
- Confident groups can then transition to crawl and move further out between waves.
- When a wave comes, they stretch arms out in front and do the dolphin dive technique from on their knees recovering to kneel in the water on the other side of the wave.

### Great sand grab.

- Participants are challenged to go out to an in-water helper and dive under to get a handful of sand.
- They then hold onto their sand and take it back to the group leader on the shore.
- The onshore leader sends them back out and the in-water helper moves around within the water boundary varying depth and position.

### Wave smash.

- group line up on shore holding hands with adults spaced between participants.
- Walk out slowly and stand in a wide legged 'strong' stance to let a wave smash past them.
- As the group gets more confident in water, they can trial kneeling and letting a wave smash past.
- Then they can kneel and submerge heads – let go of hands for this so that hands can go out in front to protect your head.

### Hula hoop dives.

- In-water helpers hold hula hoops approximately two meters apart partially submerged.
- Participants dive through hoops one at a time, with distance between hoops and depth of submergence altered to create more challenge.
- This activity is best for flat water or in the pool for under six age group and may be challenging for those who have not yet gained great confidence submerging their face and body.
- You can modify to have the hoop mostly out of the water and walk through with arms out above head in dolphin diving position as confidence develops.

## Top tips

- It's ok for young participants to struggle with timing and getting submerged.
- The aim for our youngest participants is to be comfortable submerging their face and body and getting into the streamline position to dive under water and eventually waves.