

Sea Shapes

Fundamentals

Primary component: buoyancy
Additional component/s: kinaesthetics

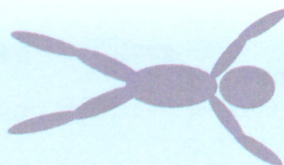
Description

All individuals should try and follow the leader with the following varied shapes.

Diagram 11. Sample shapes for buoyancy activities



(a) Mushroom floating is performed by inflating the lungs with air, curling into a ball and floating to the surface. Sinking is performed in the same position, but with air blown out of the lungs while under water.



(b) Star fish floating is performed with arms and legs spread far apart. The lungs are fully inflated for the floating position and the star fish sink is attempted in the same position, but with air blown of the lungs.



(c) Pencil floating is performed with hands and feet outstretched into a tall position, whilst lying prone in the water.



(d) Pencil sinking is performed in the same posture but upright in the water.



(e) Bobbing buoy floating is performed by floating up right in the water.



(f) Diver sinking is achieved by the individual aiming to get the feet above the head in a vertically aligned position.

Variations

Add additional shapes that allow individuals to experiment with buoyancy in different positions
Do the floating positions under waves, experimenting with different shapes and depths.