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RUDOLF THE REINDEER & FRIENDS



WHAT TO DO:

Feed the reindeers:

Using orange balls or pom poms (carrots) - collect the carrots and "feed them to the reindeer". Place the picture of the reindeer on the front of a big bucket.

Rudolf has lost his nose:

Using the reindeer template, cut brown craft foam and cut a space for the nose. The swimmers collect the red pin pong balls (noses), blow them back and place them on the nose spots. You can place the noses in different places so the swimmers have to find them.

Decorate the antlers:

Using the coloured reindeer template and some decorations (colourful sparkly pom poms). Place the reindeer mats out and the swimmers collect their decorations to come back to add them to the antlers.

Can use the coloured bells cube templates and the pom poms are bells. They cube is thrown & that is the colour they go find.

Reindeer movement cube:

Throw the cube and what it lands on is the movement to do. Can do it individually or as a group. Can turn it in to a relay style game too.

Reindeer circuit training:

Set up as stations or go through the exercises as a group.

Follow the North Star:

Play N,E,S,W game or using yellow balls/pom poms (or the cut out yellow craft foam stars) they collect the star and place them on their compass mats.

Game cards: Feed the reindeer & Reindeer rides

EQUIPMENT NEEDED:

Printables for reindeers, orange balls.
 Craft foam reindeer & red ping pong balls.
 Movement cube printable sheets.
 Circuit training sheet.
 Colourful pom poms & reindeer printable and bell cube printables.
 Yellow stars & compass sheets.
 Game cards

RUDOLF THE RED NOSE REINDEER

You know Dasher, and Dancer, and
Prancer, and Vixen,
Comet, and Cupid, and
Donder and Blitzen
But do you recall
The most famous reindeer of all

Rudolph, the red-nosed reindeer
had a very shiny nose
and if you ever saw it
you would even say it glows.

All of the other reindeer
used to laugh and call him names
They never let poor Rudolph
play in any reindeer games.

Then one foggy Christmas eve
Santa came to say:
"Rudolph with your nose so bright,
won't you guide my sleigh tonight?"

Then all the reindeer loved him
as they shouted out with glee,
Rudolph the red-nosed reindeer,
you'll go down in history!



REINDEER HOKEY COKEY

TUNE TO: HOKEY COKEY

You put your hooves in
You put your hooves out
You put your hooves in
and you shake 'em all around
you do the reindeer cokey
and you turn yourself around
that's what it's all about

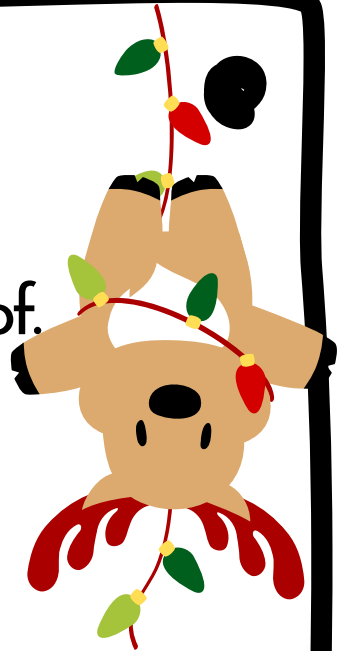
- You put your antlers in
- You put your happy tail in
- You put your shiny nose in



LITTLE REINDEERS

TUNE TO: 5 LITTLE DUCKS

Five little reindeers prancing on the roof.
One fell down and hurt his hoof.
Santa called the doctor
and the doctor said
“Put that reindeer right to bed”



Four little reindeer pulling Santa's sleigh,
One slipped on an icicle—oh dear, oh hay!
Santa called the doctor
and the doctor said,
“Wrap that hoof and straight to bed!”

Three little reindeer jingling bells so bright,
One dropped his antlers—gave everyone a
fright!

Santa called the workshop
and the elves all said,
“Fix those antlers—then off to bed!”

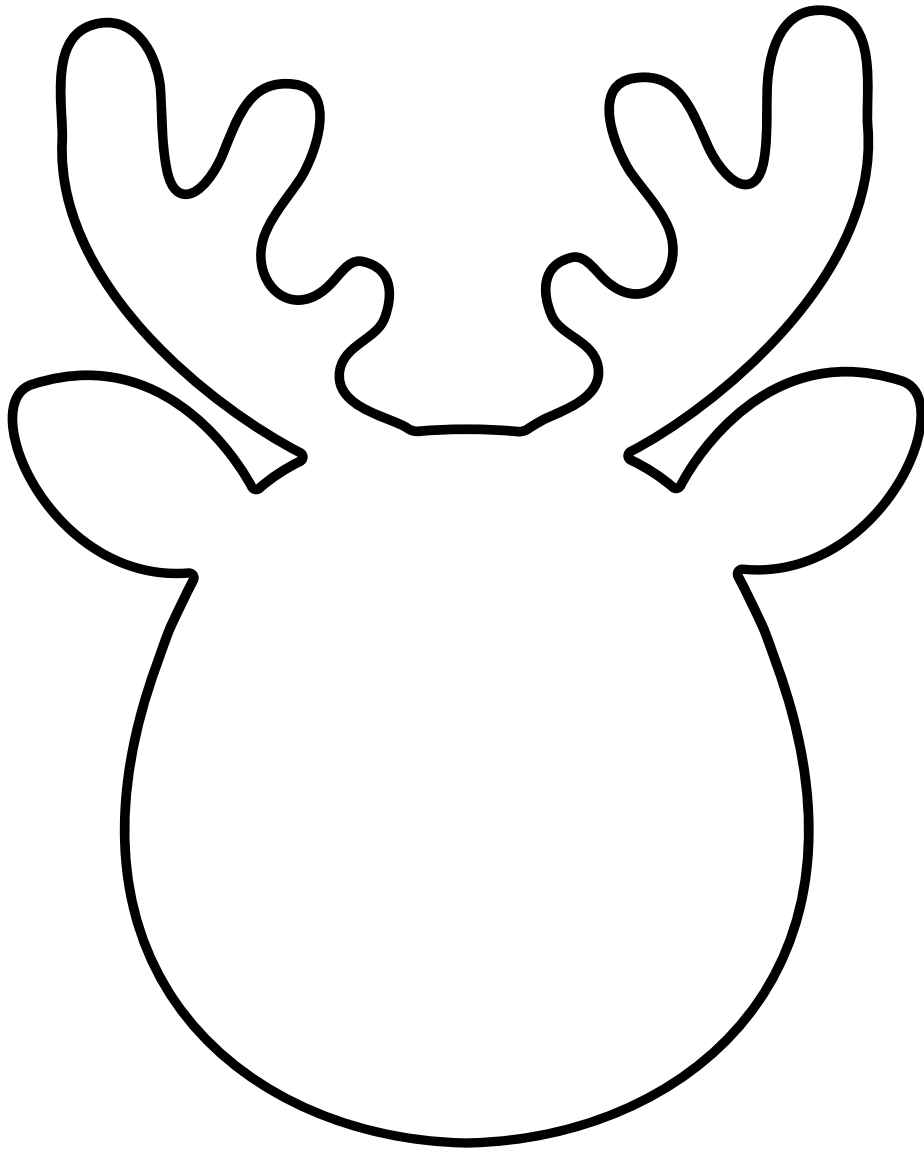
Two little reindeer dancing in the snow,
One sneezed loudly—"Achoo!"—oh no!
Santa called the nurse
and the nurse just said,
"Hot cocoa, blanket, then straight to bed!"

One little reindeer waiting by the tree,
He yawned so big—too tired to be free.
Santa rang a jingle
and gently said,
"Come on little reindeer—time for bed!"

No little reindeer left awake that night,
Santa tucked them in—snug, warm and
tight.

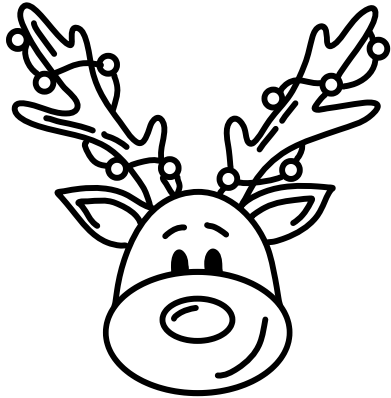
He whispered softly
as the stars overhead,
"Sleep well, my reindeer... Christmas magic
ahead!"





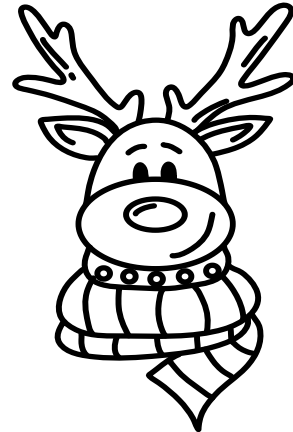


REINDEER



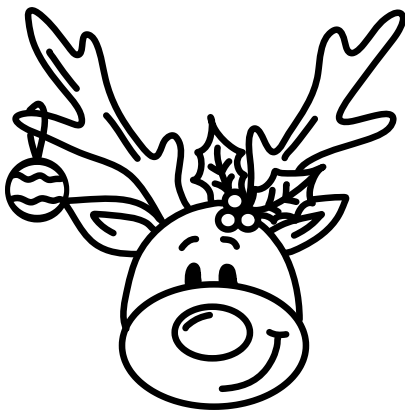
TROTS FORWARDS

REINDEER



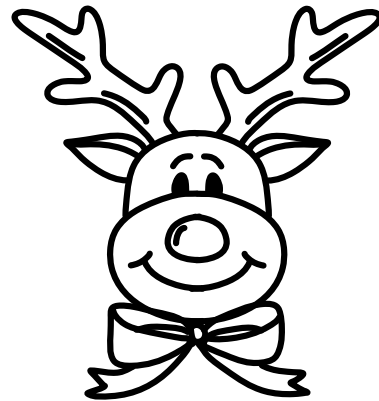
TROTS BACKWARDS

REINDEER



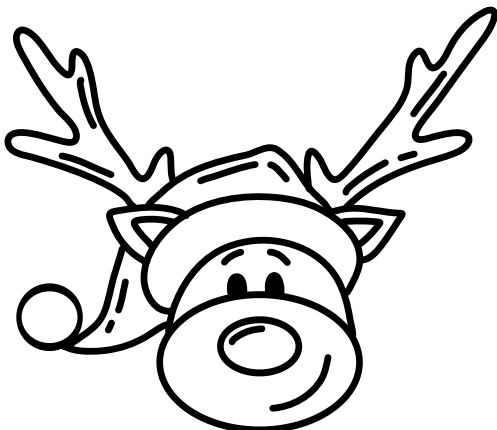
LEAPS IN THE AIR

REINDEER



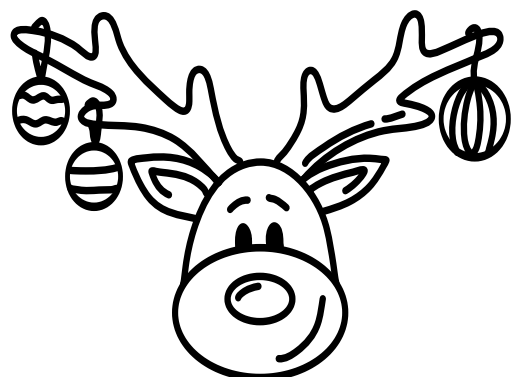
OBSTACLE WEAVE

REINDEER

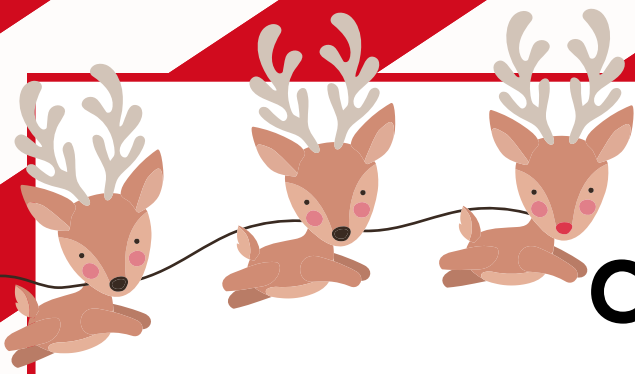


STOMPS HIS HOOVES

REINDEER



BALANCES



REINDEER CIRCUIT TRAINING

Exercise: Streamline vertical pushes

Preparation for: Jumping off roof tops

Exercise: Push & glides off wall

Preparation for: Sleigh pulls

Exercise: Safety jumps

Preparation for: Landing

Exercise: Swimming fast/slow/left/right

Preparation for: Chimney weaving

Exercise: Hold on to side & kick fast

Preparation for: Flying fast

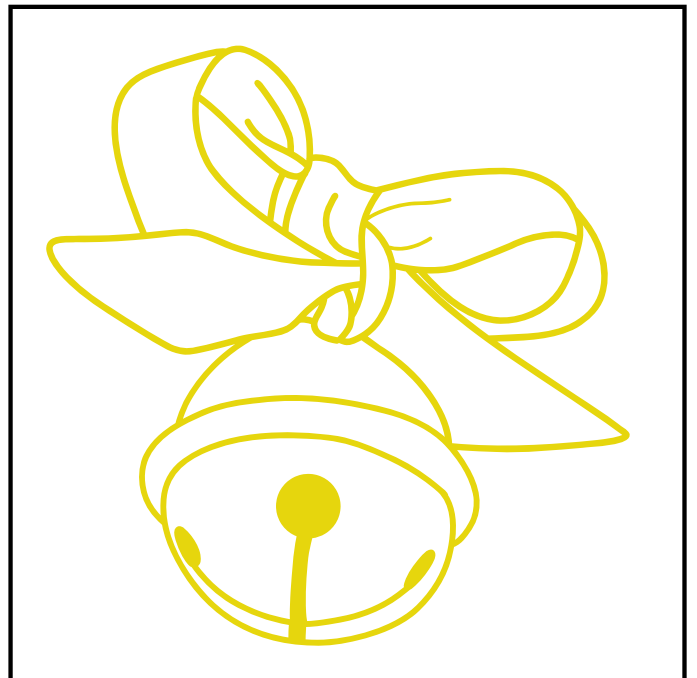
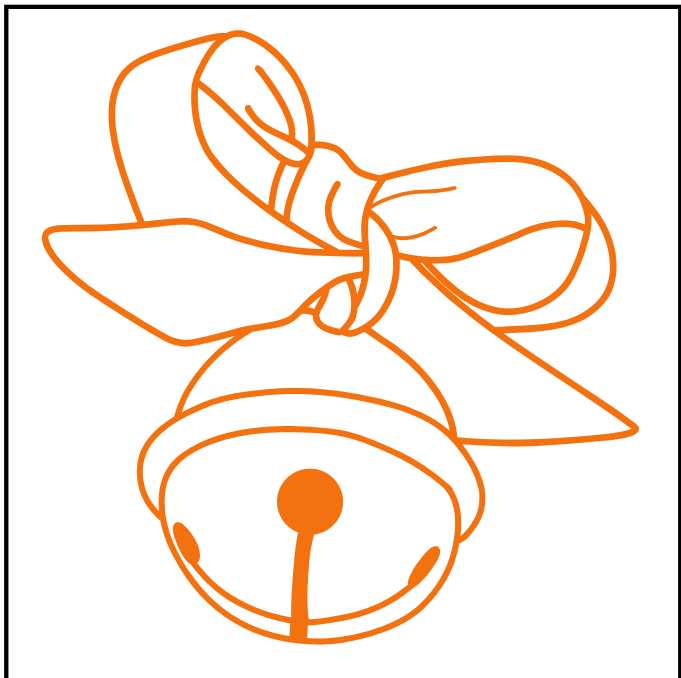
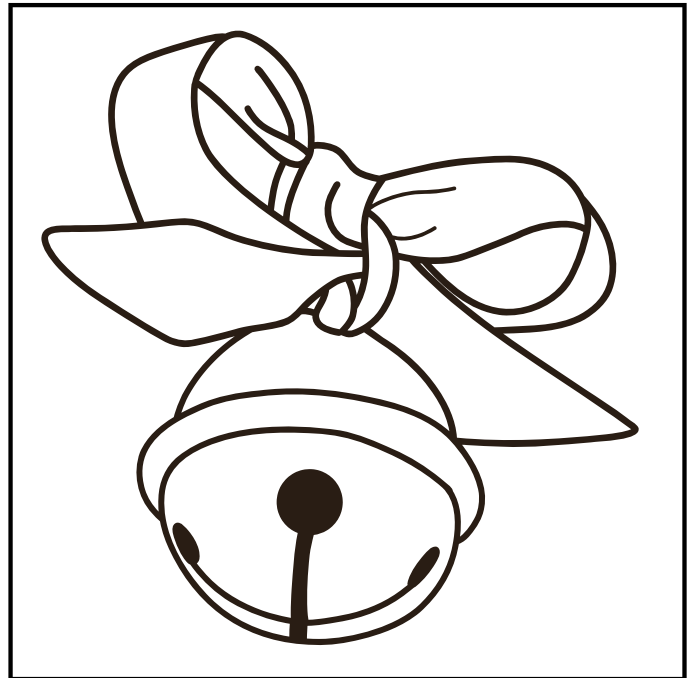
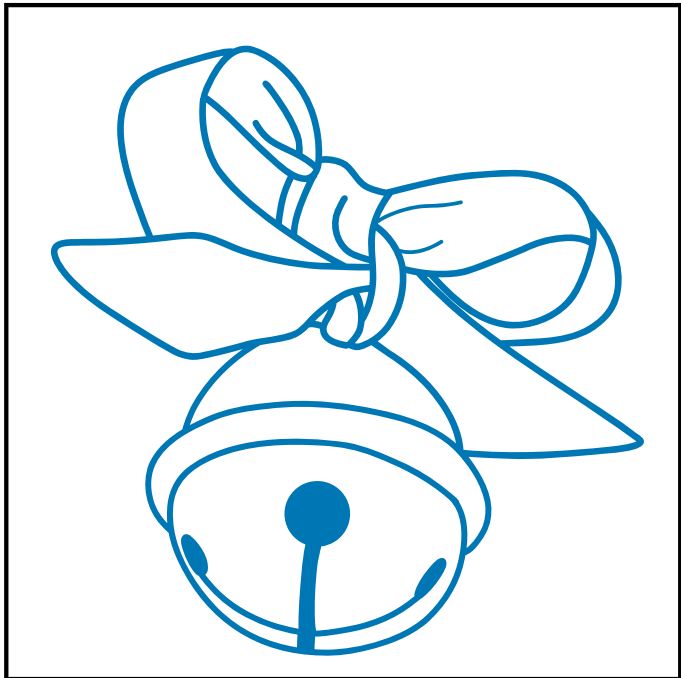
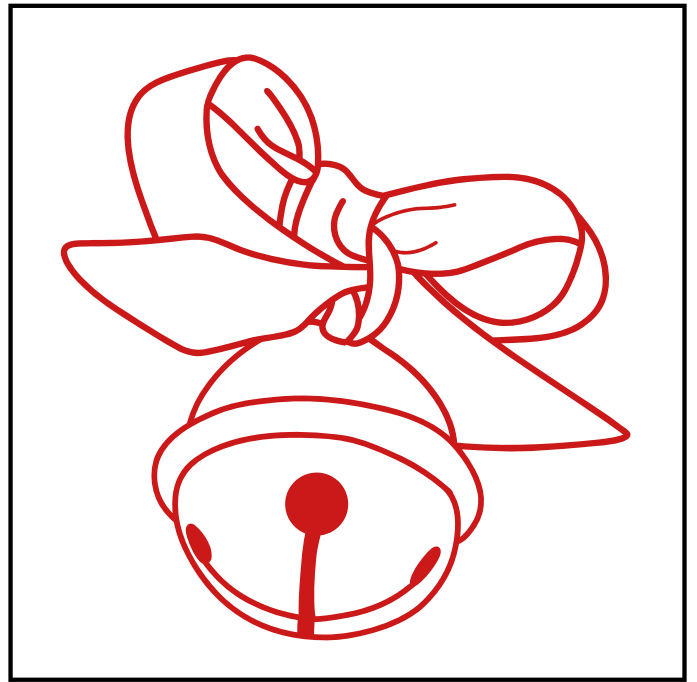
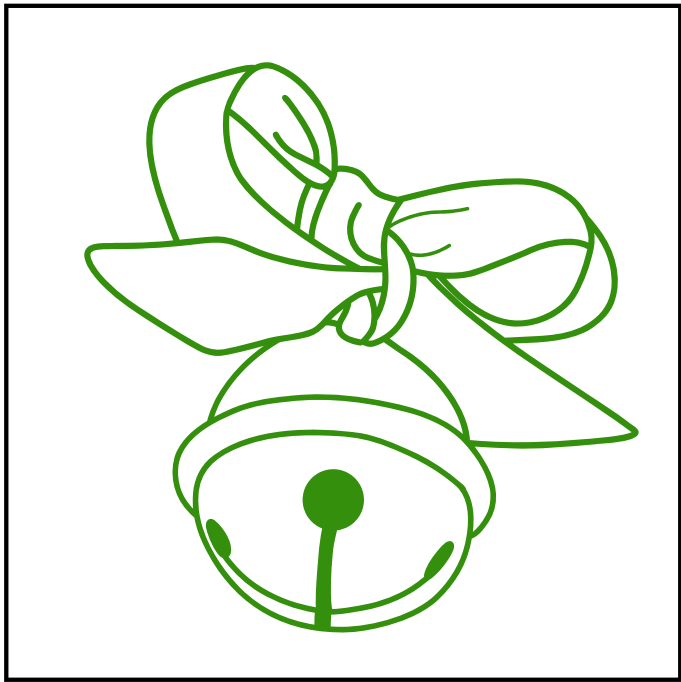
Exercise: Wall climbs

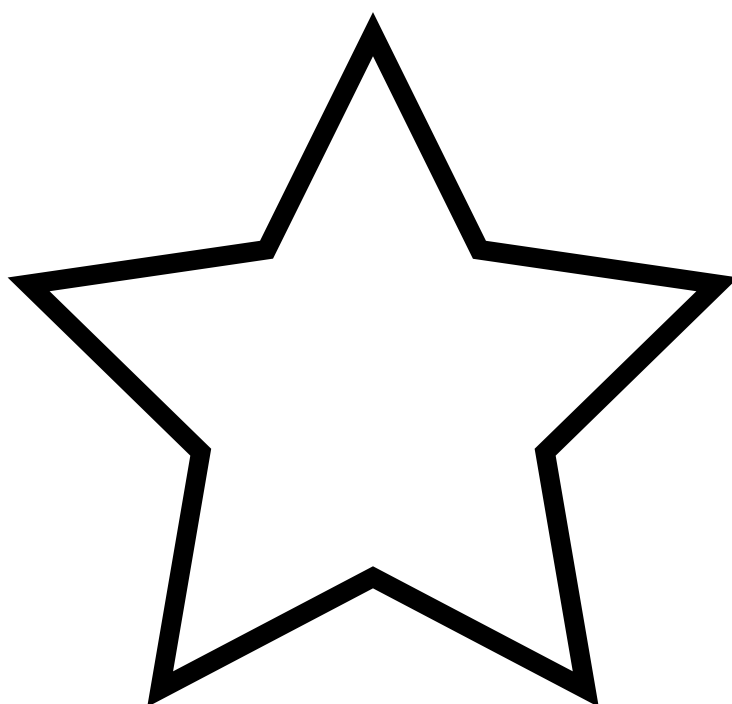
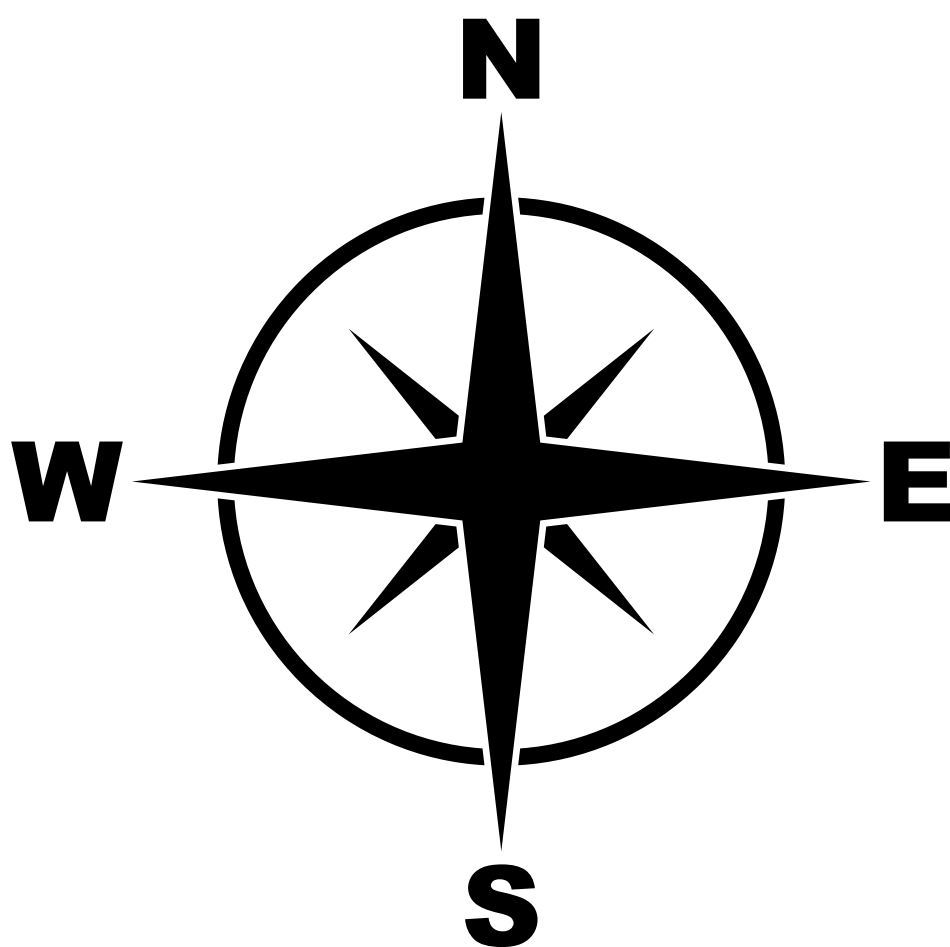
Preparation for: Icy roof tops (grip)

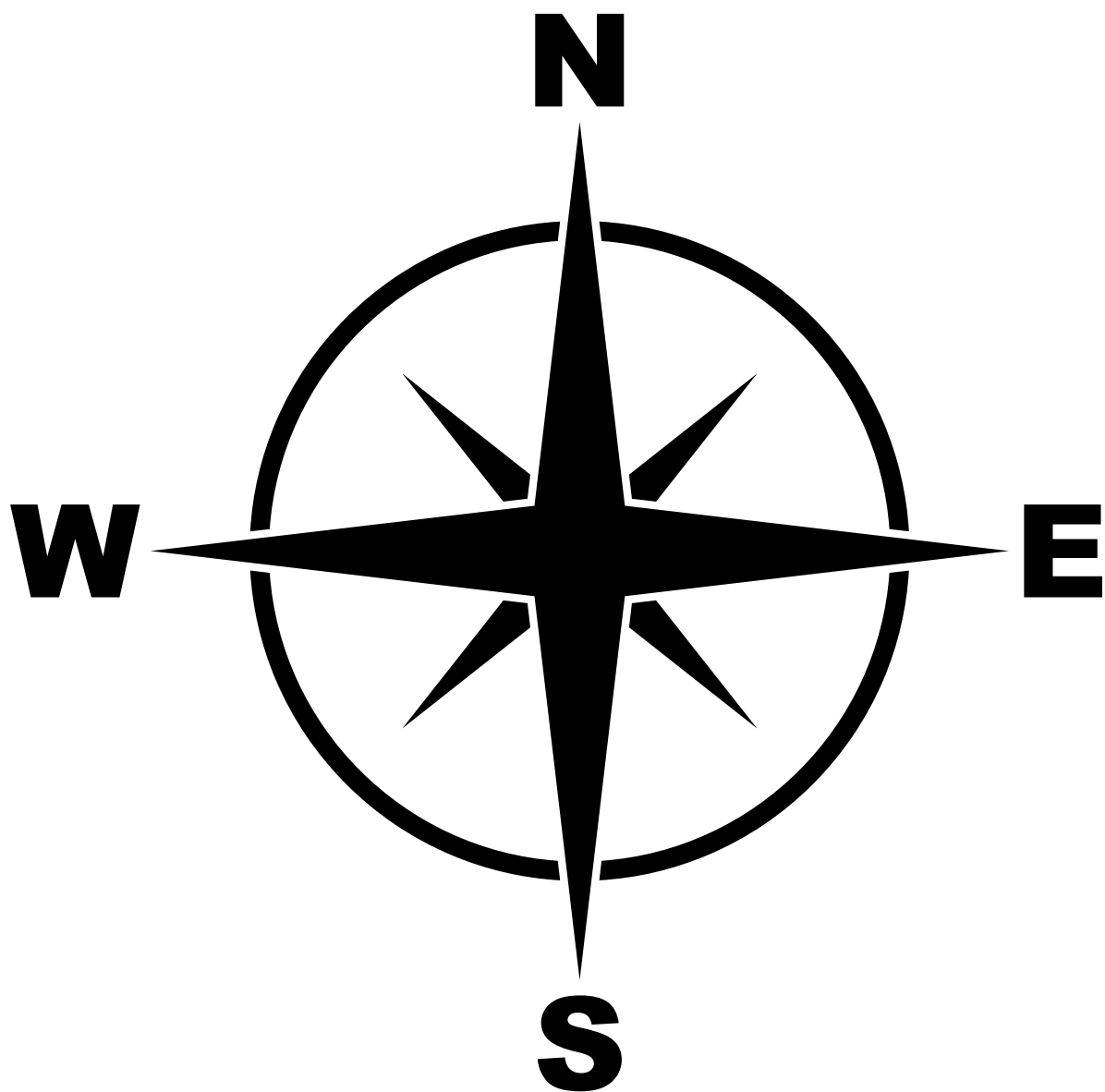
Exercise: Back floats

Preparation for: Quick nap









SLEIGH RIDES

Swimmers are in pairs.

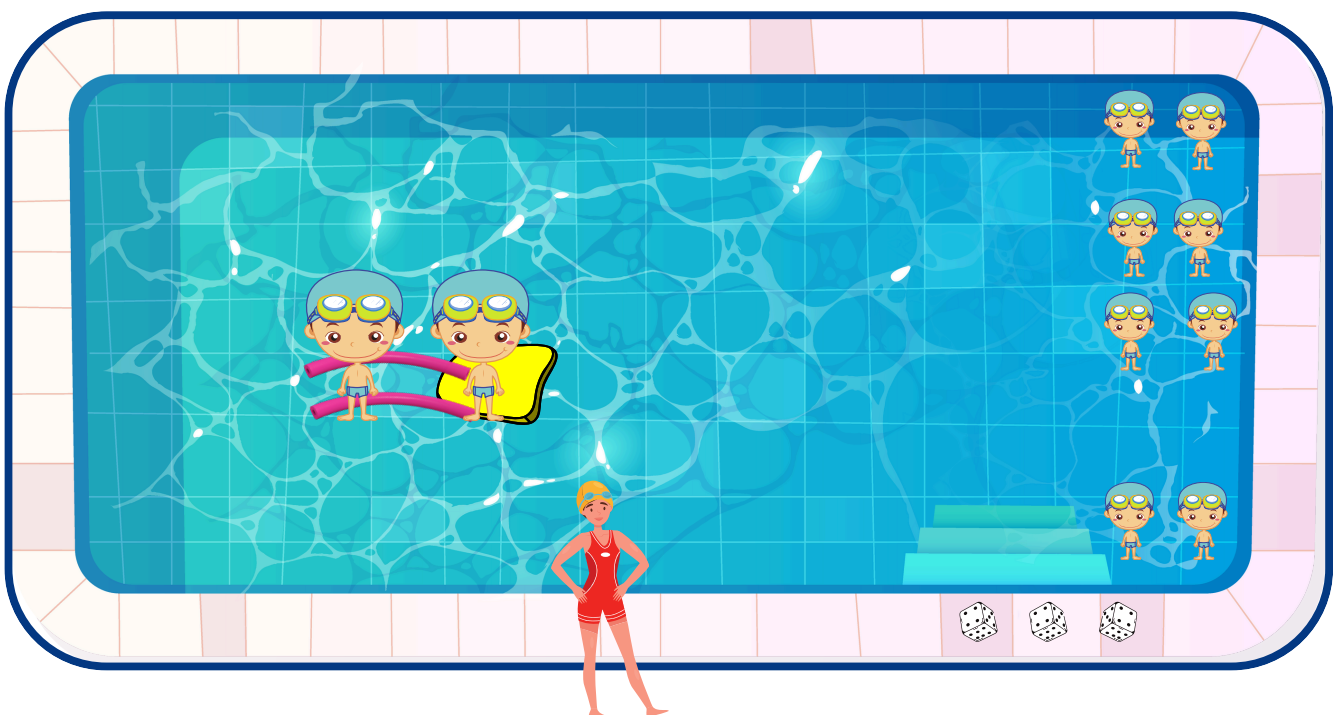
This can be a relay race or non competitive.

One swimmer is sat on a kick board (sleigh), the other has 2x noodles (one in each hand) (whom is the reindeer).

The swimmer on kick board is holding on to the noodles.
The "reindeers" pull the "sleigh" to the opposite end of pool space.

Then they swap over at the end.

- They have to stay on the kick board - if they fall off then they have to start again.
- They can't release their grip on the noodles - if so they have to go back to the start.
- Can go 2x instead of swapping at the end.



FEED THE REINDEER

Swimmers are in pairs or in 3's.

You have one swimmer at one end, one in the middle & the other the end.

The swimmer that starts picks up some "food" (ball) & swims to the one in the middle, passes the ball to them.

That swimmer then swims to the throwing zone where the swimmer at the end catches the ball and places it in to the bucket.

If they are in pairs the first swimmer, goes to pick up the "feed" from the side and then swims to the throwing zone.

- If the ball doesn't get caught then the first swimmer has to go back and collect another one.
- If the ball is dropped mid flow then they can collect and continue with the game.
- Game can be timed or first team to get X amount of "food" (balls).
- Swimmers swap after each round.
- Teachers decides on stroke/moves.

