* This is the longest time over recorded

for a human being. The average time

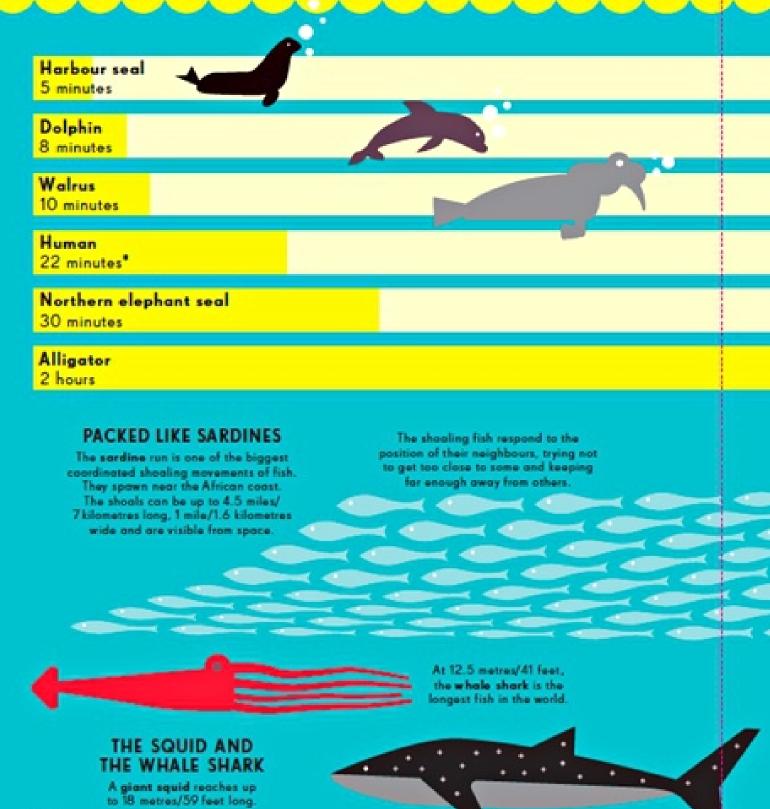
a human can hold their breath is only

around 1 minute.

SUPER SWIMMERS

SAVE YOUR BREATH

Some animals that live in the water don't have gills, so they have to hold their breath as they swim. But who can last the longest underwater?



When threatened, sardines (and other foraging fish) group together to create huge bait balls of up to 20 metres/65.6 feet in diameter to confuse the predators.

Thousands of dolphins feed on the sardines by herding groups of the fish together like sheepdogs.