

Lesson Plan #7

Lesson type: front paddle

Level: child beginner

Previous learning: kicking legs and some floating

Lesson aim: to learn the basic movements needed for front paddle

Equipment: buoyancy aids and sinkers

Exercise/Activity	Teaching Points	Organisation	Duration
Entry: swivel entry or using the pool steps	take your time	all together	1 min
Warm up: 2 widths with buoyancy aids (assisted if necessary)	splash your feet	all together	2 mins
Main theme: push and glide using a woggle	push off like a rocket	one by one	3 mins
sitting on the poolside edge kicking	pointed toes	all together	2 mins
kicking using a float under each arm	floppy feet	waves	3 mins
standing on the poolside practicing arms	reach and pull	all together	2 mins
walking through the water with arm actions	fingers together	waves	3 mins
walking through the water, using arms and blowing bubbles	blow gently as you pull	waves	3 mins
Contrasting Activity: supine star float	relax and stretch out	waves	3 mins
submerge to collect a toy or object	deep breath and stretch down	one by one	3 mins
Exit: using the pool steps	take your time	one by one	1 min

Total time: 26 minutes

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Liyong Dong



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