



# Lesson Plan

**Level 1 - Babies Skill 1 - Conditioning**

## Pre Lesson Check List



- ✓ Have your scheduled swim time around eat and sleep times?
- ✓ Swimsuit for you and baby
- ✓ Sun protection
- ✓ Swim nappy/diaper
- ✓ Water and environment conditions good



## Lesson Procedure

**Skill 1**

**Conditioning**

- |   |             |
|---|-------------|
| 1. Safe entry and explore                     | 3 - 5 mins  |
| 2. Song 1 and water play                      | 5 - 8 mins  |
| 3. Toy chase                                  | 3 - 5 mins  |
| 4. Water pour - Name, Ready, Go!              | 4 - 6 times |
| 5. Song 2 and active water play               | 2 - 3 mins  |
| 6. Water pour                                 | 4 - 6 times |
| 7. Reversed time (child's favourite activity) | 2 - 3 mins  |
| 8. Finish with song 3                         |             |

## Helpful Hints

- At this early stage your child's emotional state depends on yours. Try to stay relaxed, breathe deeply.
- If at any stage your child seems highly stressed by an activity STOP IMMEDIATELY, allow your child time to relax and work on other activities. You can return to the drill later if your child is relaxed and comfortable.
- Where possible have both parents or 2 adults that your child is comfortable with in the water. It's great bonding time with your child and both parents get a chance to learn the drills.
- Always consider environmental factors when swimming with your child. If conditions change that may have an adverse effect on your child STOP.

## Song Lyrics / other content

### Song 1

"Child's Name" is swimming today  
 "Child's Name" is swimming today  
 Let's all splash our hands, splash,  
 "Child's Name" is swimming today  
 Yes

### Song 2

This is the way we splash our hands,  
 splash our hands, splash our hands,  
 This is the way we splash our hands  
 in our swimming lesson...  
 Can change "splash our hands"  
 with "kick our legs!"

### Song 3

If you're happy and you know it...  
 If you're happy and you know it...  
 If you're happy and you know it  
 then you really ought to show it,  
 If you're happy and you know it...  
 It's bouncing up and down, clapping hands  
 and waving feet!

# Austswim Lesson Plans

**John Kilpatrick, Peter H. Meaney**



## **Austswim Lesson Plans:**

*The Future of Health, Wellbeing and Physical Education* Timothy Lynch, 2016-06-29 This book uses the example of a partnership journey between universities schools the local health industry as well as a number of government organisations which worked to ensure the growth of physical education in primary education The initiative employed the United Nations UN ideals as a model and contextualised them within local schools and communities What began as a pathway seed quickly grew to involve multi stakeholder partnerships and therefore explores how the UN Sustainable Development Goals SDG may be implemented at a grass roots level

**Teaching Swimming and Water Safety** John Kilpatrick, Peter H. Meaney, 2000  
Teaching Swimming and Water Safety course essentials

**Teaching Swimming and Water Safety** John Kilpatrick, Peter H. Meaney, 2000 *Teaching Swimming and Water Safety* John Harmer, AUSTSWIM (Organization), 2001 Safety essentials Becoming familiar with the water Floating and movement skills Application of principles of movement in water Introducing diving to beginners Efficient stroke developmenttr\_ [AUSTSWIM Course Presenter's Kit](#) ,

**Lesson Plan Book** Teacher Created Resources, 1998-02  
**Guidelines for the Preparation of Lesson Plans** U.S. Army Engineer School, 1985 *The Professional Lesson Plan Book* Elaine Nmn Jones, 2005-04-12 There is a better way for teachers to plan effectively have sufficient time to perform other important task and yet be productive in the matter of helping students reach their greatest potential and higher This gives teachers a sense of satisfaction that promotes an avenue of clear creative thinking that in it self minimizes stress and open a path of success that s second to none The professional Plan book offers sections for writing goals objectives and space for 45 weeks of lesson plans a substitute chart a daily schedule chart Seating Charts a Grade Book with enlarged spaces and other features Quarterly Test Data Charts to keep tract on how well your class is performing Homework charts enlarge type and more for easy access organization and documentation The Professional Lesson Plan Book is designed to replace unnecessary staff development sessions and workshops that take up valuable planning time teachers need for pre planning goals objectives and lesson plans at the beginning and throughout the school year It seriously requires full cooperation and support from the State School Board of Education Parents and other administrative departments to synchronize reasonable and effective rules for teachers to abide by and making a sincere effort to leave most of their professional time to teaching and addressing the needs of each student

[Anything Is Possible Lesson Plan Book from Mary Engelbreit](#) Teacher Created Resources, 2005-03-08 Featuring the artwork of Mary Engelbreit this lesson plan book covers a 40 week school year Each two page Monday through Friday calendar includes a Notes section and a Tip of the Week Also includes substitute teacher information a student roster suggestions for creating a successful writing program and more 12 x 9 1 2 Spiral bound

[Stretchy Lesson Plans: August/September](#) Pat Miller, 2007-08-01 **Richard III Teacher Lesson Plans** LessonCaps, 2013-04-10 Following Common Core Standards this lesson plan for William Shakespeare s Richard III is the

perfect solution for teachers trying to get ideas for getting students excited about a book BookCaps lesson plans cover five days worth of material It includes a suggested reading schedule discussion questions essay topics homework assignments and suggested web resources     [Stretchy Lesson Plans: October](#) Pat Miller,2007-10-01     *Stretchy Lesson Plans:*

*November* Pat Miller,2007-10-01     **Stretchy Lesson Plans: December** Pat Miller,2007-10-01     **The Diary of Anne**

**Frank Lesson Plans** Novel Lesson Plans,2019-04-15 This Diary of Anne Frank unit plan contains a variety of teaching materials that cater to all learning styles Inside you ll find Daily Lesson Plans Projects and Student Activities A Final Test with Multiple Choice Questions Short Answer Questions Essay Questions Quizzes Homework Assignments and more The lessons and activities will help students gain a thorough understanding of the text while the tests and projects will help you evaluate how well the students have grasped the material Also listed are the Common Core Anchor Standards that are specifically connected to the unit plan As you may find the lessons touch upon many more strands of the Common Core the Anchor Standards listed are the ones directly addressed in the unit plan     **Lesson Plans, Ideas, and Activities for**

**Teaching Comprehension Skills** Harry W. Forgan,1982     **Writing Effective Lesson Plans** ,     *Themed Lesson Plans* Melissa Troup,2006 Here s a wealth of ideas exercises and plans for group or individual lessons for all abilities all levels and all ages Each lesson plan follows a natural progression gradually building up the difficulty of the exercises as the ability of the pupil increases     [Lord of the Flies Lesson Plans](#) Novel Lesson Plans,2019-04-16 This Lord Of The Flies unit plan

contains a variety of teaching materials that cater to all learning styles Inside you ll find Daily Lesson Plans Projects and Student Activities A Final Test with Multiple Choice Questions Short Answer Questions Essay Questions Quizzes Homework Assignments and more The lessons and activities will help students gain a thorough understanding of the text while the tests and projects will help you evaluate how well the students have grasped the material Also listed are the Common Core Anchor Standards that are specifically connected to the unit plan As you may find the lessons touch upon many more strands of the Common Core the Anchor Standards listed are the ones directly addressed in the unit plan

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