



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 Examples

Marco Cascella



Austswim Lesson Plans Examples:

AUSTSWIM Course Presenter's Kit , 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 unnecessay 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

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Table of Contents Austswim Lesson Plans Examples

1. Understanding the eBook Austswim Lesson Plans Examples
 - The Rise of Digital Reading Austswim Lesson Plans Examples
 - Advantages of eBooks Over Traditional Books
2. Identifying Austswim Lesson Plans Examples
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Austswim Lesson Plans Examples
 - User-Friendly Interface
4. Exploring eBook Recommendations from Austswim Lesson Plans Examples
 - Personalized Recommendations
 - Austswim Lesson Plans Examples User Reviews and Ratings
 - Austswim Lesson Plans Examples and Bestseller Lists

5. Accessing Austswim Lesson Plans Examples Free and Paid eBooks
 - Austswim Lesson Plans Examples Public Domain eBooks
 - Austswim Lesson Plans Examples eBook Subscription Services
 - Austswim Lesson Plans Examples Budget-Friendly Options
6. Navigating Austswim Lesson Plans Examples eBook Formats
 - ePub, PDF, MOBI, and More
 - Austswim Lesson Plans Examples Compatibility with Devices
 - Austswim Lesson Plans Examples Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Austswim Lesson Plans Examples
 - Highlighting and Note-Taking Austswim Lesson Plans Examples
 - Interactive Elements Austswim Lesson Plans Examples
8. Staying Engaged with Austswim Lesson Plans Examples
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Austswim Lesson Plans Examples
9. Balancing eBooks and Physical Books Austswim Lesson Plans Examples
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Austswim Lesson Plans Examples
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Austswim Lesson Plans Examples
 - Setting Reading Goals Austswim Lesson Plans Examples
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Austswim Lesson Plans Examples
 - Fact-Checking eBook Content of Austswim Lesson Plans Examples
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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