

Pre Lesson Check List



- ✓ Have your scheduled swim time around eat and sleep times?
- ✓ Swims 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, noise,
 "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

Timothy Lynch



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* Austswim, 2002 *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_ **Lesson Plan Book** Teacher Created Resources, 1998-02 **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 **Guidelines for the Preparation of Lesson Plans** U.S. Army Engineer School, 1985 *AUSTSWIM Course Presenter's Kit* , **Stretchy Lesson Plans: August/September** Pat Miller, 2007-08-01

Whispering the Secrets of Language: An Emotional Journey through **Austswim Lesson Plans**

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