

Lesson Plan

Level 1 - Babies Skill 1 - Conditioning

Pre Lesson Check List



- ✓ Have you scheduled swim time around eat and sleep times?
- ✓ Towel 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, clap,
"Child's Name" is swimming today
Ho

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!

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