

Lesson Plan #3

Lesson type: confidence building

Level: child beginner

Previous learning: entering and moving around in the water

Lesson aim: to build and develop water confidence

Equipment: buoyancy aids, floating toys, sinkers, and watering cans

Exercise/Activity	Teaching Points	Organisation	Duration
Entry: swivel entry or using the pool steps	take your time	all together	1 min
Warm up: holding the poolside, bouncing up and down	slowly at first	all together	2 mins
walking through the water splashing the hands	big splashes	all together	3 mins
holding the poolside and blowing bubbles	let the bubbles tickle your nose	all together	2 mins
cupping water in hands pretending to wash the face	wash your face	all together	3 mins
sprinkling water over the head	wet your hands and wet your face	one by one	2 mins
holding the poolside and kicking the legs	splash your feet	waves	3 mins
blowing a toy across the water surface	deep breath and blow	waves	3 mins
Contrasting Activity: breath holding and submerging the mouth and nose	deep breath and hold it all in	waves	3 mins
submerging to collect an object	eyes open	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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Harry W. Forgan



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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 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 **AUSTSWIM Course Presenter's Kit , Lesson Plans, Ideas, and Activities for Teaching Comprehension Skills** Harry W. Forgan, 1982 **Lesson Planning for Meaningful Variety in Teaching** Richard M. Henak, 1984 **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 *Lesson Plans for Teachers in Nature-Study Agriculture* Alice Jean Patterson, 2015-06-26 Excerpt from Lesson Plans for Teachers in Nature Study Agriculture Based Upon the Illinois State Course of Study Two years ago when a course in Nature Study Agriculture became a part of the new state course of study there arose on the part of teachers a demand for some special help in teaching this subject To supply this need the Lesson Plans in Nature Study Agriculture were published That these have proved of value is very evident Both teachers and superintendents speak in the highest terms of their usefulness The first edition is now exhausted and it seems wise to publish a second edition The lessons have been carefully revised and a number that in the first edition were rather meager have been rewritten in full The arrangement of the years has been changed to follow each other consecutively instead of previous plan of grouping into odd and even years This will add to the efficiency of the book The lessons are planned expressly for busy teachers and especially for those who have had little or no training in nature study and elementary agriculture They include how to obtain material what to have the children observe how to report the observations how to conduct simple experiments etc At the same time sufficient information is given with each

lesson to enable the teacher to gain the fundamental facts that she should know in order to present the lesson successfully

Relation To The Children The book presupposes that the work in the schools will be real nature study that the children will handle and observe real objects will perform experiments will work with their hands and think while they work This will bring them into the right relation with their environment so that the nature world their inheritance shall become their own to understand and to love This work will enable them also to see beauty and value in everyday common places especially as they put to the test some of the fundamental laws of life and of physical phenomena or as they experience the joy that comes with beautifying their own school and home grounds

Relation To The Teacher The teacher as well as the pupils is a learner in this work No matter how much she may know about nature objects she realizes that there is still much to be learned There is no finis written in the book of nature Every day she finds new interest in the wayside plants in every flying and crawling insect in the birds and trees and in the farm and garden crops Her life is enriched and broadened both by her own contact with the nature world and by her efforts to bring her pupils into a sympathetic understanding of this world

Relation To Parents Since the nature study deals with the environment of the children it is a strong factor in keeping home and school in close touch with each other The material used is the material of the home the field and shop parents are interested because the children come to them with questions or information about objects and phenomena that they constantly use in their daily work The special days suggested by the course such as Harvest Festival Corn Day and Arbor Day afford an excellent opportunity to invite the parents to the school in order that they may see what the children are accomplishing in the work

Correlation With Other Subjects Many rural teachers find lack of time the principal obstacle to nature study and agricultural work The daily program is already full Another subject may be the last straw But with careful correlation we believe that the nature study lessons will make the other work more interesting and more effective As the course is planned a part of the language work is based upon the nature study topics Much of the arithmetic may be correlated with the nature study This is also true of the drawing In the first and second grades the constructive work offers excellent opportunity for correlation Indeed much of the constructive work may f

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