

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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