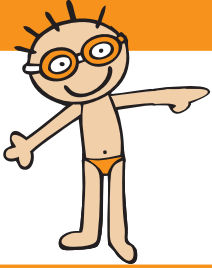


## Pre Lesson Check List



- ✓ Have you completed Level 2
- ✓ Towel for you and your child
- ✓ Sun protection & water bottle
- ✓ Kick board, Cap & goggles and other aids
- ✓ Water and environment conditions are good



## Lesson Procedure

SKILL 1  
Streamlined Kick

- |  |           |
|--|-----------|
| 1. Front float on shoulders or board       | 1 - 3 min |
| 2. Aided streamlined float                 | 1 - 3 min |
| 3. Streamlined float                       | 3 - 5 min |
| 4. Kicking drills (speedboat, seated)      | 3 - 5 min |
| 5. Kicking with board                      | 2 - 4 min |
| 6. Streamlined kicking                     | 2 - 3 min |
| 7. Back floating and back kicking revision | 5 - 7 min |
| 8. Paddling and safety revision            | 2 - 5 min |

## Helpful Hints

- Good head position is one of the most crucial factors in achieving great body position. Encourage your child to look at the bottom and keep arms behind the ears.
- If at any stage your child is struggling to make the distance that you set for them and losing confidence. Try changing the distance or adding a little more assistance.
- Remember to give constructive feedback. If they do a drill incorrectly be specific on what they need to fix and give praise when taking the feedback on board.

## Your Notes