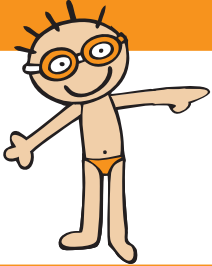


Pre Lesson Check List



- ✓ Cap and goggles
- ✓ Towel for you and your child
- ✓ Sun protection & water bottle
- ✓ Kick board and other aids
- ✓ Check that water and environment conditions are good



Lesson Procedure

SKILL 2
Beginner Freestyle

- | | |
|---|-----------|
| 1. Board & streamlined float revision | 1 - 3 min |
| 2. Board & streamlined kicking revision | 2 - 4 min |
| 3. Standing arm practice | 1 - 3 min |
| 4. Freestyle arms on shoulder | 2 - 4 min |
| 5. Freestyle arms with kickboard | 2 - 6 min |
| 6. Beginner freestyle (independent if able) | 2 - 3 min |
| 7. Back floating and kicking with board | 5 min |
| 8. Paddling and safety revision | 2 - 5 min |

Helpful Hints

- Remember to keep this process simple. Pulling the arm straight down to the leg. Keeping the recovery relaxed. Talk to your child about 'feeling' the water as they pull.
- It is worth spending a little more time on revision if you feel the skills are not as good or consistent as they could be.
- Always spend time on safety activities (See Level 2 Skill 6 for reminders) so that your child consistently practices these potentially life saving skills.

Your Notes