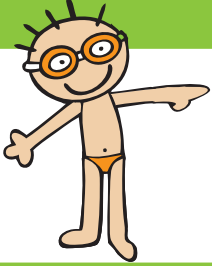


Pre Lesson Check List



- ✓ Cap and goggles
- ✓ Towel for you and child
- ✓ Sun protection & water bottle
- ✓ Kickboard
- ✓ Water and environment conditions good



Lesson Procedure

SKILL 3
Back Floating

- | | |
|-------------------------------------|-------------|
| 1. Safe entry and explore | 1 - 2 min |
| 2. Shoulder supported backfloat | 3 - 5 min |
| 3. Breath control revision | 1 - 2 min |
| 4. Shoulder supported back-floating | 4 - 6 times |
| 5. Speedboat | 2 min |
| 6. Back-floating reduced support | 4 - 5 min |
| 7. Streamlined float revision | 5 min+ |
| 8. Game with goggles off | 1 - 3 min |

Helpful Hints

- The best floating will happen when your child is relaxed. You will feel when a child starts to relax into floating.
- 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.
- Work at your child's pace. If they are comfortable with this Skill then move on to the next.
- Always consider environmental factors when swimming with your child. If conditions change that may have an adverse effect on your child STOP.

Your Notes