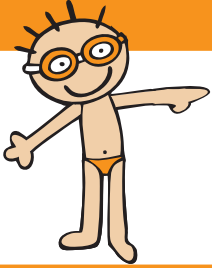


Pre Lesson Check List



- ✓ 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 3
Pat the Dog

- | | |
|---|-----------|
| 1. Streamlined kicking revision | 3 - 5 min |
| 2. Beginner freestyle revision | 4 min |
| 3. Back floating with/out board | 1 - 3 min |
| 4. Back kicking with board | 2 - 4 min |
| 5. Standing Pat the Dog | 1 - 3 min |
| 6. Supported Pat the Dog | 2 - 4 min |
| 7. Independent Pat the Dog | 3 - 5 min |
| 8. Safety revision games (transitions & paddling) | 2 - 4 min |

Helpful Hints

- Work from behind your child. It is easier to correct the back work skills. Once you feel your child is performing the skill well you can move further away so your not pulling them along in your drag.
- Focus on one aspect at a time. If your child is having problems with just the kicking part you should spend a little extra time on that before moving to the next step.
- Swimming at this stage is not a learn and forget activity. It is important to revise previous skills and work on areas that may have not been so great so that you continue to develop your childs confidence and ability in the water .

Your Notes