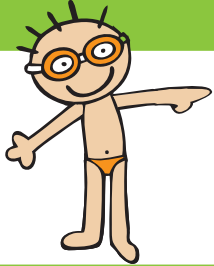


## Pre Lesson Check List



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



## Lesson Procedure

SKILL 4  
Dog Paddle

- |   |           |
|---|-----------|
| 1. Safe entry & Breath Control Revision | 1 - 2 min |
| 2. Streamlined Floating revision        | 1 - 3 min |
| 3. Kicking drills                       | 2 - 3 min |
| 4. Paddling drills                      | 2 - 4 min |
| 5. Combine paddling & kicking           | 3 - 5 min |
| 6. Independent paddling (if ready)      | 3 - 5 min |
| 7. Back-floating revision               | 5 min     |
| 8. Game with goggles off                | 1 - 3 min |

## Helpful Hints

- Achieving independent movement in the water will be a big step for your child. Celebrate each small step they make and don't panic if the process takes some time.
- 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.
- Start with short distances that are easy, then gradually extend the distance each time to extend.
- Always consider environmental factors when swimming with your child. If conditions change that may have an adverse effect on your child STOP.

## Your Notes