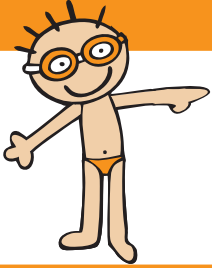


Pre Lesson Check List



- ✓ 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 4
Freestyle Breathing

- | | |
|--|-----------|
| 1. Streamlined kicking & Beginner freestyle revision | 3 - 5 min |
| 2. Breathing arm selection & breathing practice | 1 - 3 min |
| 3. Shoulder and board breathing practice | 3 - 5 min |
| 4. Standing bubble arm, roll, breathing arm | 1 - 3 min |
| 5. Shoulders- bubble arm, roll, breathing arm | 3 - 5 min |
| 6. Board- bubble arm, roll, breathing arm | 3 - 5 min |
| 7. Back-float and Pat the Dog revision | 5 min |
| 8. Safety drills and game | 2 - 6 min |

Helpful Hints

- If you are having trouble choosing a 'bubble' arm then just start with the hand your child tends to use more.
- Count out loud so your child can focus on their breathing while they get used to the rhythm.
- Get hands on when doing standing practice to help give your child the feel of pulling the water. This will help them move through the water better.

Your Notes