



## 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 5  
Back Kicking

1. Streamlined Float revision	1 - 2 min
2. Back-float revision	3 - 5 min
3. Back-floating with board	2 - 3 min
4. Back kicking drills	2 - 4 min
5. Back kicking with board	3 - 5 min
6. Paddling revision	8 min+
7. Back-float roll and paddle	1 - 3 min
8. Game with goggles off	1 - 3 min

## Helpful Hints

- Make sure that your child does not have to look into direct sunlight or bright lights when backfloating. This will drastically effect how comfortable they feel.
- 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.
- Some children will feel some discomfort around the ears when backfloating. It may be worth will using a swim cap that will cover their ears and keep any water out while they learn and become comfortable with this skill.
- Always consider environmental factors when swimming with your child. If conditions change that may have an adverse effect on your child STOP.

## Your Notes