



WSFL 'KAIAKO LED LESSON PLAN #1 YR 0-2

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| <p>Getting in & out Get in/out in multiple ways</p> | <p>Safe Entry and Exit Get children to get into their togs and wait for an adult before they enter the pool. (Discuss why). Discuss safe entry and exit into the pool.</p> <p>Ladder Entry and Exit</p> <ol style="list-style-type: none"> 1. Face the ladder. 2. Always put both hands on the rail. 3. One step at a time, climb up, eyes watching the feet. 4. At the top of the ladder, turn and climb backwards down the ladder. 5. Until both feet touch bottom of the pool floor. 6. Exit by holding onto ladder rails and climbing up facing the ladder, one step at a time. 7. At the top if the ladder, turn and climb backwards down the ladder until both feet are on the ground |
| <p>Submersion Get under water Pick up underwater object Move underwater (count to five)</p> | <p>Moving in the water</p> <ol style="list-style-type: none"> 1. Walk in different ways across the pool – forward, backwards, and sideways. 2. Animal walks – perform an animal movement across pool and a different one back. <p>Getting the Face Wet</p> <ol style="list-style-type: none"> 1. Fill floating sponges with water and squeeze to let the water trickle over the face and head. 2. Sing songs about washing our face, e.g. "This is the way we wash our face, wash our face, wash our face, this the way we wash our face when we go swimming". "This is the way we wash our hair..." "This is how we wash our hands..." <p>Yo Yo Breathing Each child has a kickboard on their head, they take a normal breath, go under the water, and slowly exhale. They come back up and without having to stop breathing in or out, take another breath, this can continue for at least 5-10 breaths.</p> <p>Pick up underwater object: Submerge whole face in the water, pick up an object off the pool floor with open eyes, shake hands under water with partner</p> |
| <p>Personal Buoyancy: Float and regain feet (from both a front float and back float position) Scull (at least 3 minutes)</p> | <p>Experimenting with buoyancy – Introduce floating on the front by floating in shallower water or by using variety of aids</p> <p>Floating using an aid using a buoyant aid, such as a noodle around the waist or two kickboards under the armpits, students slowly lean back, lower the back of the head onto the noodle and extend the hips while looking up</p> <ol style="list-style-type: none"> 1. Using the pool wall, ledge, or side 2. Using noodles <p>Sculling while standing (with hands out of the water) Angle palms out with the little finger leading (outward sweep) change hand position so angle palms in with thumbs leading (inward sweep) Repeat above with the hands just under the water surface. Keep arms reasonably still and allow the hands and forearms to move outwards and inwards in relaxed, smooth but firm and continuous movements.</p> <ul style="list-style-type: none"> - Push away the sharks and bring in the mermaids |



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| | <ul style="list-style-type: none"> - Push away the sharks and bring in the pirates |
| <p>Orientation: Horizontal rotation Vertical rotation Horizontal to Vertical</p> | <p>Orientation</p> <ol style="list-style-type: none"> 1. Walk in different ways across the pool <ol style="list-style-type: none"> a) Walking forwards, backwards, sideways b) Animal walks – perform an animal movement across the pool and do a different one on the way back. c) In Pairs, one person standing like a scarecrow with arms out, legs apart, while their partner runs around them, change then repeat with legs together, standing on one leg <p>Front floats recover to stand</p> <ol style="list-style-type: none"> 1. Holding onto rail face in water and lying flat 2. Teacher blows whistle, all the children stand to recover <p>Spinning Top Game</p> <p>Children stand in the pool away from each other, they twirl in the water to the left and to the right (360-degree rotation each way) when they are done they bob under the water and stand up, raise their arm in the air.</p> |
| <p>Propulsion:</p> | <p>Moving in the pool</p> <ol style="list-style-type: none"> 1. Walk across the pool, holding onto edge. 2. Walk back out without holding onto edge. 3. Run across the pool forward, backwards, sideways, skipping, hopping, and jumping. <p>Siamese wanders – In pairs and holding hands, children line up with their backs against the wall. "On GO!" Signal, they wade as fast as possible across the pool while keeping their hands together. The first Siamese Twins to make the round trip are the winners.</p> |



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| <p>Getting in & out Get in/out in multiple ways</p> | <p>Safe Entry and Exit Get children to get into their togs and wait for an adult before they enter the pool. (Discuss why). Discuss safe entry and exit into the pool.</p> <p>Slide In Entry and Exit</p> <ol style="list-style-type: none"> 1. Sit on the pool edge. 2. Place both hands to one side of your body with legs in the water. 3. Turn your body towards your hands and slowly lower yourself into the water. 4. Keep holding onto the wall until your feet touch the bottom of the pool. If the water is deep, students should remain holding onto the edge of the wall. 5. To exit, place both hands on poolside and use your arms to push your body upwards, raising one knee to put on poolside maneuver yourself out of the pool. |
| <p>Submersion Get under water Pick up underwater object Move underwater (count to five)</p> | <p>Moving in the water</p> <ol style="list-style-type: none"> 1. Walk in different ways across the pool – forward, backwards, and sideways. 2. Animal walks – perform an animal movement across pool and a different one back. <p>Getting the Face Wet</p> <ol style="list-style-type: none"> 1. Splash hands on the water to create as big as a splash as possible, encourage big splashes. 2. Splash ball in pairs or in a group, throw ball to one another (ensuring the ball lands just in front of another student). <p>Get under water</p> <ol style="list-style-type: none"> 1. Practice trying to touch the ground or looking in the water to see objects or cards placed on the bottom. If the pool has tiles, can you count how many there are?. 2. Shake hands with a partner under water. <p>Pick up underwater object Reach under the water and collect two objects, then three or more.</p> <p>Move under the water (count to five) Glide Tunnels: Have students stand facing a pool edge (wall). Students each hold a noodle and push it up against the edge to form an archway. If you have several students, have students hold each end of a noodle to form an arch and line up standing side by side. One student at a time then glides under the archway</p> |



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| <p>Personal Buoyancy: Float and regain feet (from both a front float and back float position)</p> | <p>Floating using an aid using a buoyant aid, such as a noodle around the waist or two kickboards under the armpits, students slowly lean back, lower the back of the head onto the noodle and extend the hips while looking up</p> <ol style="list-style-type: none"> 1. Using two kickboards 2. Using two milk bottles <p>Try a variety of floats such as:</p> <ol style="list-style-type: none"> 1. Mushroom float/ball float (holding/hugging legs). 2. Jellyfish float (this is like a mushroom float, but the arms and legs dangle like tentacles). |
| <p>Orientation: Horizontal rotation Vertical rotation Horizontal to Vertical</p> | <p>Orientation</p> <ol style="list-style-type: none"> 1. Walk in different ways across the pool <ol style="list-style-type: none"> a) Walking forwards, backwards, sideways b) Animal walks – perform an animal movement across the pool and do a different one on the way back. c) In Pairs, one person standing like a scarecrow with arms out, legs apart, while their partner runs around them, change then repeat with legs together, standing on one leg <p>Front floats recover to stand</p> <ol style="list-style-type: none"> 1. Holding onto kickboard floating on front 2. Teacher blows whistle, all the children stand to recover |
| <p>Propulsion:</p> | <p>Moving in the pool</p> <ol style="list-style-type: none"> 1. Walk across the pool, holding onto edge. 2. Walk back out without holding onto edge. 3. Run across the pool forward, backwards, sideways, skipping, hopping, and jumping. <p>Sculling while in a tuck position Angle palms out with the little finger leading (outward sweep) change hand position so angle palms in with thumbs leading (inward sweep) Repeat above with the hands just under the water surface. Keep arms reasonably still and allow the hands and forearms to move outwards and inwards in relaxed, smooth but firm and continuous movements.</p> <ul style="list-style-type: none"> - Push away the sharks and bring in the mermaids - Push away the sharks and bring in the pirates <p>Perform the sculling action whilst in a tuck position (knees tucked up) you can use a noodle underneath your arms to provide support</p> |



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| <p>Getting in & out Get in/out in multiple ways</p> | <p>In and Out When teacher blows whistle, students perform a safe entry into the pool, with both feet on the ground they move across the pool like different animals</p> <ol style="list-style-type: none"> 1. Sideways like a crab 2. Slithering like an eel 3. Swaying like a tuna 4. Up and down like a dolphin |
| <p>Submersion Get under water Pick up underwater object Move underwater (count to five)</p> | <p>Get under water Hoop bobbing – if you don't have a hoop – get two children together with arms wide open holding hands to form a small circle.</p> <ol style="list-style-type: none"> 1. Bob under hoop and blow bubbles. 2. Bob under multiple hoops. 3. Bob under forwards, backwards, sideways, fast slow. 4. Try walking through vertical hoop and blowing bubbles, lowering the hoop each <p>Make a circle and challenge children to sit cross legged on the pool floor together. Start very shallow as this is a difficult skill. More advanced students can go deeper.</p> <p>Hoop Tunnel: Throw several weighted hoops around the pool (add a sinker to a hoop and it will stand vertical underwater). Student submerges and see how many hoops they can swim through before needing to stand up.</p> |
| <p>Personal Buoyancy: Float and regain feet (from both a front float and back float position)</p> | <p>Try a variety of floats without an aid:</p> <ol style="list-style-type: none"> 1. Starfish float 2. Floating in different letters of the alphabet or shapes 3. In a group float and spell a word in the shape of the letters: SWIM <p>Float challenge Students start by all floating in any position, on the whistle change positions as many times as possible before you need a breath. The winner is the person who completes the most amount of position rotations</p> |
| <p>Orientation: Horizontal rotation Vertical rotation Horizontal to Vertical</p> | <p>Back floats recover to stand Lean back and stretch legs out in front until body is flat at surface of water, count 1 Jellyfish, 2 Jellyfish, 3 Jellyfish, Chin forward to look at your toes, bend knees to place feet on pool floor.</p> <ol style="list-style-type: none"> 1. Holding onto noodle or kickboard floating on back 2. Teacher blows whistle, all the children stand to recover |

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| | <p>Sculling while in a tuck position while rotating Angle palms out with the little finger leading (outward sweep) change hand position so angle palms in with thumbs leading (inward sweep) Repeat above with the hands just under the water surface. Keep arms reasonably still and allow the hands and forearms to move outwards and inwards in relaxed, smooth but firm and continuous movements.</p> <ul style="list-style-type: none"> - Push away the sharks and bring in the mermaids - Push away the sharks and bring in the pirates <p>Perform the sculling action whilst in a tuck position (knees tucked up) you can use a noodle underneath your arms to provide support Try and rotate body by scooping hand in the direction you want to turn. (imp: the back of the hand always faces the direction you want to go)</p> |
| <p>Propulsion:</p> | <p>5m Glide Challenge In pairs on the command 'GO' student lies face down and still in the water, with arms extended beyond the head. The other student will pull their partner by the arms for 5m. This continues until all players have had a turn.</p> <p>Sculling Try sculling headfirst with aid or without. Hands by hips, finger tips facing up so back of hand is facing the head, and wave goodbye to your toes.</p> |