



WSFL KAIAKO LED LESSON PLAN #1 YR 3-4

<p>Getting in & out Get in/out in multiple ways</p>	<p>Slide In Entry</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. <p>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.</p> <p>Stop & Go</p> <p>All students line up on edge of pool. On whistle enter water safely wade as fast as possible. On whistle stop like a statue. (or hold up a red sign) Whistle again students start wading once again. (or hold up a green card) Blow twice and students need to get to closest edge and exit safely, sit on the side and wait for next whistle. Continue above till all students are warmed up.</p>
<p>Submersion Get under water Pick up underwater object Move underwater (count to five)</p>	<p>Breathing</p> <p>Yo-Yo breathing with partner – holding hands, one bobs under and fully exhales, comes up and the other bobs under. Talk under water with partner.</p> <p>Bobbing Hoops</p> <p>Bob under a hoop held on top of the water. Spread a number of hoops around – for 30 seconds see how many hoops they can bob under. Race against partners time Move underwater (count to five): Push off underwater and collect an object or objects (1-2m away from wall).</p>
<p>Personal Buoyancy: Float and regain feet (from both a front float and back float position) Year 4 Float on back in stationary, motionless position (at least 1 minute) + Scull (at least 3 minutes) Tread water (at least 3 minutes in deep water) Perform personal buoyancy sequence–lifejacket (in deep water)</p>	<p>Floating without an aid</p> <p>Practise a range of front floats (star, mushroom, jellyfish). Back float and recover to stand. Float without an aid for 90 seconds, signal for help. Practice the mushroom float with a partner and get them to move you in different orientations</p> <p>Horizontal arm sculling</p> <p>In chest deep water, submerge to shoulders with arms out in front, practise horizontal arm sculling. Start with knees bent feet on ground then try to take feet off ground while supporting body with scull</p> <p>Treading water</p> <p>Complete on land first in a seated position and use milk bottles as markers in front of both feet. Start with their left foot and have in a dorsiflex– flat foot and move foot clockwise around the milk bottle– keep in the seated position. Then change to right foot except go anti-clockwise around milk bottle. Next alternative legs left– clockwise, right– anti-clockwise; this is an eggbeater kick.</p>
<p>Orientation:</p>	<p>Vertical to horizontal rotation</p>



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<p>Horizontal rotation Vertical rotation Horizontal to Vertical</p>	<p>With the use of two kickboards/milk bottles, stand with arms out feet on ground, learn forward with chest and slowly putting face in water lift legs off ground and stretch out behind at surface. Who can be the flattest? Tuck knees to chest, put feet on the pool floor whilst face is still in the water. Lift head and push hands down to stand. THEN 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. REPEAT the above without touching the pool floor rocking from front to back.</p>
<p>Year 4 Propulsion: Move 15m Move through multiple water environments Move 50m and/or 3minutes non-stop confidently and competently Move 100m and/or 5minutes non-stop confidently</p>	<p>Changing from one floating position to another in moving water In two even groups- One group holding the pool side and creating waves by pushing and pulling their bodies against the wall. Second group should experience floats in various combinations (e.g. star float on front count to 5, change to a mushroom, count to 5 and twist over to a back float) whilst in the moving water. Repeat the above: On the command 'GO' student one at a time lies face down and still in the water, with arms extended beyond the head., kick for the count of 5, then roll onto back hands by side and kick for 5 repeat</p>



WSFL KAIAKO LED LESSON PLAN #2 YR 3-4

<p>Getting in & out Get in/out in multiple ways</p>	<p>Slide In Entry</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. <p>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.</p>
<p>Submersion Get under water Pick up underwater object Move underwater (count to five)</p>	<p>Bobbing Race Players line up in chest deep water. At the signal "GO" they bob up and down keep both feet together, push off and straighten. Arms used for balance and extra forward speed. First to reach opposite side wins. Can do as relay. Move underwater (count to five): Put a bucket on the pool floor (weight down with a dive weight or similar). Ask children to collect rings from around the pool floor and place into the submerged bucket.</p>
<p>Personal Buoyancy: Float and regain feet (from both a front float and back float position) Year 4 Float on back in stationary, motionless position (at least 1 minute) + Scull (at least 3 minutes) Tread water (at least 3 minutes in deep water) Perform personal buoyancy sequence–lifejacket (in deep water)</p>	<p>Changing from one floatation position to another Students should experience different floats in various combinations (eg. Staf float, count to 5, change to a mushroom, count to 5 and twist over to a back float, count to 5). Students should change positions without putting their feet on the ground Sculling Races To scull headfirst, ensure hands by hips, wrists bent back, fingers upwards, lie back, looking up, no kicking. (Can use the term– wave goodbye to your toes). Treading water Hold two kickboards, move away from the pool edge, and repeat the eggbeater kick. Try different floatation aids and depth of water (i.e., 1x noodle, 1x kickboard etc).</p>
<p>Orientation: Horizontal rotation Vertical rotation Horizontal to Vertical</p>	<p>Eel Challenge Students move around the water like a eel, on the whistle students perform a somersault then carry on moving like a eel. Red Light/Green Light Sitting on boards, teacher calls either red light or green light, students must move themselves only using their sculling arms from one side to pool to other. Can only move on green light, on red light call must scull on one spot. If they fall off their board, they must go back to the wall they started at. The winner is the first student to get to wall.</p>
<p>Year 4 Propulsion: Move 15m Move through multiple water environments</p>	<p>Obstacle course– Place 2 kickboards on the pool side so students can see them. (Preferably have two different coloured kickboards) Students propel themselves through the water (personal choice) they can scull, kick, swim, dolphin dive etc. Once they get to first kickboard they perform a somersault then continue to propel themselves to the next kick on their back. Once the</p>



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Move 50m and/or 3minutes non-stop confidently and competently
Move 100m and/or 5minutes non-stop confidently

reach the second kickboard they can dolphin dive to the pool bottom and swim underwater for the count of 4 then return to the surface and continue to the end of the pool.
Repeat but the challenge is for the students to not put their feet on the pool floor.

<p>Getting in & out Get in/out in multiple ways</p>	<p>In & 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. Once on the other side perform a safe exit. First one out is the winner.</p> <p>Accidental Fall in</p> <ol style="list-style-type: none"> 1. Crouching accidental fall in: Start off crouching low to bent knees. Tuck chin onto the chest, place hands on top of the head, protecting face and chest with forearms. Press elbows into the chest. Fall sideways into the water with knees bent towards the chest. <p>Standing accidental fall in: Start standing on the side of the pool parallel to the water. Tuck chin onto the chest, place hands on top of the head, protecting face and chest with forearms. Press elbows into the chest. Fall sideways into the water with knees bent towards the chest.</p>
<p>Submersion Get under water Pick up underwater object Move underwater (count to five)</p>	<p>Duck for Paua Relay Game In even teams, students stand in a line one behind each other. (allow 1m between each student) The person in the front of each team holds a heavy ring, large stone or similar and this will act as the 'paua'. With the 'paua' held over their head the first member drops it behind them into the space between themselves and the next in line. The next student ducks under the water, retrieves the object stands up and repeats until the 'paua' has reached the end of the line. The student at the end then runs to the front of the line and repeats. The team to get all players to the other end of the pool wins.</p> <p>Over & Under (using hoops and noodles) Students are numbered one to ten and are lined up in pairs about 1m apart, with 9 and 10 at the front and 1 and 1 at the back. Numbers 3 and 4, 7 and 8 hold the hoops and numbers 5 and 6, 9 and 10 hold the noodles level between them. The hoops are held vertically. Number 1 'torpedoes' through the hoops and dives over the noodles, Number 2 follows. Once they have completed the run outside the formation and change places with numbers 3 and 4, who repeat the sequence and change with 5 and 6. Continue until numbers 9 and 10 has completed the course they can then run to the end of the pool.</p>
<p>Personal Buoyancy: Float and regain feet (from both a front float and back float position) Year 4 Float on back in stationary, motionless position (at least 1 minute) + Scull (at least 3 minutes) Tread water (at least 3 minutes in deep water) Perform personal buoyancy sequence–lifejacket (in deep water)</p>	<p>Float challenge Students start by floating in any position, on the whistle they change positions as many times as possible before they stand to take a breath. The winner is the student who completes the most amount of position rotations.</p> <p>Tuna Whistle Game Participants line up at a starting line in waist to chest deep water. On signal 'Go' they start moving around the pool like a eel as fast as possible toward a previously designated finish line. When the teacher blows a whistle, everyone must stop immediately and do a front or back float. When two short blasts are blown on the whistle, they may continue moving around. The tuna whistle should be blown several times before the finish line is reached. The participant who gets to the finish line first is the winner.</p>



WSFL KAIAKO LED LESSON PLAN #3 YR 3-4

<p>Orientation: Horizontal rotation Vertical rotation Horizontal to Vertical</p>	<p>Riding the rapids Groups of ten or twelve. Students in two lines, 1.5m apart and facing each other, so forming a 'tube'. The two students at the starting end push off and glide into the tube. The students standing sweep the water in the direction of travel, all using two hands, and the floating players are moved along the 'rapids'. When the teacher blows their whistle the student floating must quickly bend their knees to their chest and roll on to their backs (without touching the pool floor) The students must then kick and scull to try and get out of the rapids. Once they stand up they must join the other students and the next two can begin.</p>
<p>Year 4 Propulsion: Move 15m Move through multiple water environments Move 50m and/or 3minutes non-stop confidently and competently Move 100m and/or 5minutes non-stop confidently</p>	<p>Hoop Towing Each pair hooks their feet under the rim of a hoop, facing opposite ends. On the word GO, the one facing the deep end sculls headfirst, towing the other feet first, when reached the other side swap over. This can be done on backs or front.</p> <p>Torpedo Tube Teams of four or five, standing sideways on and almost shoulder to shoulder across the pool. On the command 'GO', student 1 lies face down and with arms extended above the head like a torpedo. The other team members will pull this student by the hands along the 'torpedo tube' to the end of the line. This continues until all players have had a turn or the team that reaches the end of the pool is the winner. Adapt this activity so the students are in a 'tight-ball' shape and repeat. Students will quickly work out the 'long and thin' is the best shape!</p>