

WSFL KAIAKO LED LESSON PLAN #1 YR 5-6

<p>Getting in & out Get in/out in multiple ways</p>	<p>Stride Entry (If pool is applicable)</p> <ol style="list-style-type: none"> Put your arms out to the side. Lift your head forward, lean your chest towards the water. Take one big stride out away from the edge and try to enter the water at a 45-degree angle. As you hit the water, kick your legs together hard and clap your hands together in the water to push yourself up. <p>If pool not applicable perform a Slide In Entry</p> <ol style="list-style-type: none"> Sit on the pool edge. Place both hands to one side of your body with legs in the water. Turn your body towards your hands and slowly lower yourself into the water. 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>Submersion Get under water Pick up underwater object Move underwater (count to five)</p>	<p>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"> Bob under hoop and blow bubbles. Bob under multiple hoops. Bob under forwards, backwards, sideways, fast slow. Try walking through vertical hoop and blowing bubbles, lowering the hoop each turn. <p>Pick up underwater object: Students race to collect objects and bring them back to the wall.</p> <p>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) Float on back in a stationary, motionless position (at least 1 minute)+ Scull (at least 3 minutes) Tread water (at least 3 minutes in deep water)</p>	<p>Variety of floats:</p> <ol style="list-style-type: none"> Mushroom float/ball float (holding/hugging legs) Jellyfish float (this is like a mushroom float, but the arms and legs dangle like tentacles). <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 head-first, towing the other feet-first. When they reach the other side, they swap over.</p> <p>Treading water 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>Horizontal rotation</p>



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<p>Horizontal rotation Horizontal to vertical rotation Vertical rotation</p>	<p>Pushing off wall in horizontal position, kick or scull on front for 10 kicks, then rotate 180 degrees onto back, kicking or sculling on back for 10 kicks, then rotating back.</p> <p>Repeat above but using waves: To create waves, give the other students a kick board each. They should move the kickboard back and forward towards and away from their body to create choppy water. One at a time, students should practice their horizontal rotations while moving through the choppy water. Another simple way to achieve this is to get the other students to hold onto the wall and move back and forth in sync on one side of the pool</p> <p>Horizontal to Vertical rotation Red Light, Blue Light, Go Students are randomly situated around the pool, Students float on their front as soon as the teacher blows the whistle the students needs to recover to a standing position as fast as possible. Repeat above but students can add in the kicking action. Repeat on back.</p>
<p>Safety of Self: Reach rescue</p>	<ol style="list-style-type: none"> 1. Practise dry (on land) in pairs and then in the water. One person is the patient, while the other is the rescuer. • The patient is tired/has cramps and signals for help. 2. The rescuer acknowledges and throws some floatation aid for the victim to hug. 3. Rescuer finds a rigid pole (branch, stick, oar, or fishing rod) and lies down, sits, or kneels to lower their centre of gravity and increase their stability. 4. The rescuer reaches out with the rigid pole and asks them to hold on. • The rescuer pulls the patient in, secures them to the side of the pool and calls for an adult to help them out of the water. 5. Students then swap roles. • Repeat with the patient in the water. <p>Student should select the correct form of rescue equipment i.e., reach pole/pool noodle/long branch or stick. Ensure student maintains a low centre of gravity by staying close to the floor (lying down ideally). If the student remains standing it increases the chance of them being pulled into the water by the patient. Student should be talking to the person in difficulty throughout, reassuring them and calling for help. They should also tell them what they need to do i.e., grab the stick. Students should put the rescue equipment in front of the person in difficulty, so it is easy for them to grab. Rescuer should secure patient at the side of the pool by placing their hands on top of theirs.</p>
<p>Propulsion: Move 15m Move through multiple water environments Move 50m and/or 3minutes non-stop confidently and competently</p>	<p>Sculling is the most basic form of propulsion; however, propulsion can be achieved through the basic flutter kick, breaststroke kick, eggbeater, and dolphin leg kick. Each of these can assist with moving through the water. The student also has several choices of arm movement from simple under water strokes such as sculling, doggy paddle or sidestroke arm action to more complex movements like breaststroke and backstroke.</p>



WSFL KAIAKO LED LESSON PLAN# 2 YR 5-6

<p>Getting in & out Get in/out in multiple ways</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. 2. 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>Submersion Get under water Pick up underwater object Move underwater (count to five)</p>	<p>Pick up underwater object: Students race to collect objects and bring them back to the wall. 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) Float on back in a 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>Variety of floats:</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). 3. Turtle float (this is like a mushroom float, but the head is lifted to get another breath of air without standing then placed back in the water). <p>Pin Ball: In pairs, players lie in a supine position with their feet touching the ball. The ball is placed in such a position that together they can hold the ball between the soles of their feet. They then scull one going feet first and other going headfirst to the other side of the pool (keeping the ball all the time in the same position) This can be done as a relay or with pairs competing against each other to get "there and back".</p> <p>Treading water 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. Move onto the pool edge and repeat feet.</p>
<p>Orientation: Horizontal rotation Horizontal to vertical rotation Vertical rotation</p>	<p>Horizontal rotation Pushing off wall in horizontal position, kick or scull on front for 10 kicks, then rotate 180 degrees onto back, kicking or sculling on back for 10 kicks, then rotating back.</p> <p>Repeat above but using waves: To create waves, give the other students a kick board each. They should move the kickboard back and forward towards and away from their body to create choppy water. One at a time, students should practice their horizontal rotations while moving through the choppy water. Another simple way to achieve this is to get the other students to hold onto the wall and move back and forth in sync on one side of the pool</p>



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	<p>Horizontal to Vertical rotation</p> <p>Ball Pass</p> <p>Students are placed into two groups. Each group forms a circle and lifts their feet of the pool bottom. Students start treading water while passing the ball around the group. No one is allowed to put their feet on the ground.</p>
<p>Safety of Self: Throw rescue</p>	<p>Practise dry (on land) in pairs and then in the water. One person is the patient, while the other is the rescuer.</p> <ol style="list-style-type: none">1. The rescuer acknowledges and underarm throws a floatation aid for the victim to hug. If the wind is blowing, make sure you throw upwind.2. Ensure the patient grasps aid with both hands before being pulled to the side.3. The patient lies on their front or back, eyes open and mouth clear of the water.4. Give lots of encouragement. Reassure the victim.5. Students then swap roles.
<p>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>Movement & Direction Sequence</p> <ol style="list-style-type: none">1. Slide in entry and tread water for count of 152. Rotate to front and swim freestyle to ½ way3. Rotate to vertical and tread water4. Duck dive to touch the pool floor with your hand5. Return to surface and tread water and scull to turn around in a full circle6. Stop and rest



WSFL KAIAKO LED LESSON PLAN #3 YR 5-6

<p>Getting in & out Get in/out in multiple ways</p>	<p>No two entries: Participants line up on the edge of the water. Each person performs an entry and exit. No two entries or exits can be the same until all possible entries have been done.</p>
<p>Submersion Get under water Pick up underwater object Move underwater (count to five)</p>	<p>Pick up underwater object: Students race to collect objects and bring them back to the wall. 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) Float on back in a 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>Basketball: In pairs, one person will be the basketball and the other the basketball player. On the count of 3 the "basketball" tucks themselves into the ball position and the "player" will gently bounce them under water, allowing the "ball" to pop up to surface before bouncing them under water again. Keep repeating until they reach the other side then swap over Boiling the Egg: In two even groups form two circles. One student in the middle is the egg (tucked up in a basketball) when teacher says go, student goes into ball while the students in the circle gently moves the egg around the circle. Changeover once the egg has come up for a breath. Spell In groups, give each group a word. They need to float without having their feet on the ground in the word.</p>
<p>Orientation: Horizontal rotation Horizontal to vertical rotation Vertical rotation</p>	<p>Forward Flips: Pushing off wall in streamline, kick steady on front for 10 kicks, then do a forward flip, stand up breathe and repeat. Experimenting with rotation: Push off like a rocket, add in kicking and rotate underwater from front to side to back to side</p>
<p>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>Movement and Direction Sequence</p> <ol style="list-style-type: none"> 1. Push and glide, slow count to 5, rotate onto back 2. Catch an aid thrown by teacher and survival backstroke kick ½ way up the pool 3. Rotate to vertical; rest on aid for count of 7 4. Rotate to back and continue survival backstroke kick to end of pool, do not stop or put feet to pool floor 5. Roll to front and breaststroke kick ½ way 6. Roll to back and rest for count of 7 7. Roll to front and breaststroke kick ½ way



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	<ol style="list-style-type: none">8. Move to side of pool without putting feet on the pool floor9. Attempt a safe exit with out putting feet on the pool floor
Safety of Self & Others	<p>Discuss with the group: You are at a beach playing in the water, when suddenly you feel your feet being swept away underneath you. What do you do?</p>