

# SESSION PLAN

SESSION TITLE: Beach #1 Under 8, 9, & 10 Nippers

SESSION NUMBER: 9

TOTAL HOURS FOR THIS SESSION : 3x40min VENUE: \_\_\_\_\_

TUTOR NAME: \_\_\_\_\_

<p>Target Group</p> <ul style="list-style-type: none"> <li>• <b>U8, 9 &amp; 10 Boys and Girls</b></li> </ul>			
<p>Learning Outcome</p> <ul style="list-style-type: none"> <li>• <b>Basic Beach Sprint Rules</b></li> <li>• <b>Basic Beach Sprint technique</b></li> </ul>			
TIME	LEARNING ACTIVITIES	RESOURCES	ASSESSMENTS and other COMMENTS
9.45am	<p>Prior to session</p> <ul style="list-style-type: none"> <li>• <b>Check program of Age Groups</b></li> <li>• <b>Check flags are available</b></li> <li>• <b>Check Hazard check with JAC</b></li> </ul>	<p>Event calendar</p> <p>flags</p> <p>Hazard check sheet</p>	
10.00am	<p>OH&amp;S and Attendance Information</p> <ul style="list-style-type: none"> <li>• <b>Check Roll with Age Manager</b></li> <li>• <b>Remind Nippers of Sunscreen/hat/shirt when not racing</b></li> <li>• <b>Ensure all Nippers have water bottles</b></li> </ul>		<p>Ask group at start</p> <p>Parents responsibility</p> <p>Parents responsibility</p>

TIME	LEARNING ACTIVITIES	RESOURCES	ASSESSMENTS and other COMMENTS
	<b>Lesson Start</b> <i>(section heading)</i>		
10.00am	<ul style="list-style-type: none"> <li>• Check water bottles</li> <li>• Check Sunscreen/hat/shirt</li> </ul>	Age Manager	
	<ul style="list-style-type: none"> <li>• Game of red rover or tips to warm up</li> </ul>		
10.10am	<ul style="list-style-type: none"> <li>• Sit in shade and explain rules of beach area</li> <li>• Age Manager is in charge of crowd control</li> <li>• When coach is speaking nippers are to listen and not talk over the top of others</li> <li>• Raise your hand to ask questions</li> <li>• If you are not sure ask!</li> <li>• Let the coach know before you start if you have any injuries/sickness</li> <li>• If you need to leave the area the age manager must be told and go with your parent</li> </ul>		
10.15am	<ul style="list-style-type: none"> <li>• Explain the distances of a beach sprint race (Course length 70m)</li> <li>• No more than 10 athletes per race in competition</li> <li>• Finish is judged on chest over the line</li> <li>• Moving before 'go' command is a considered a break or false start</li> <li>• Participants run from start line to the finish line</li> <li>• Point feet straight ahead and place them in a straight line</li> <li>• Maintain high knee lift</li> <li>• Swing hands to eye level on forward swing</li> <li>• Body leaning slightly forward and relax arms, shoulders, body and head</li> <li>• Hold head steady in normal position looking 20m to 40m down the track</li> <li>• Practice drills (run throughs of 15m practicing good technique)</li> <li>• Mini 15m - 25m relays</li> <li>• Practice chest forward finishes</li> <li>• Show correct technique</li> <li>• Mini 15m - 25m races</li> <li>• If time permits other drills can be added</li> </ul>		
10.40am	<ul style="list-style-type: none"> <li>• Finish</li> <li>• Age Manager Mark roll</li> </ul>		

# SESSION PLAN

SESSION TITLE: Beach#2Under 11, 12, & 13/14 Nippers

SESSION NUMBER: 9

TOTAL HOURS FOR THIS SESSION : 3x40min VENUE: \_\_\_\_\_

TUTOR NAME: \_\_\_\_\_

<p>Target Group</p> <ul style="list-style-type: none"> <li>• <b>U11, 12 &amp; 13/14 Boys and Girls</b></li> </ul>			
<p>Learning Outcome</p> <ul style="list-style-type: none"> <li>• <b>Basic Beach Sprint Rules</b></li> <li>• <b>Basic Beach Sprint technique</b></li> </ul>			
TIME	LEARNING ACTIVITIES	RESOURCES	ASSESSMENTS and other COMMENTS
9.45am	<p>Prior to session</p> <ul style="list-style-type: none"> <li>• <b>Check program of Age Groups</b></li> <li>• <b>Check flags are available</b></li> <li>• <b>Check Hazard check with JAC</b></li> </ul>	<p>Event calendar</p> <p>flags</p> <p>Hazard check sheet</p>	
10.00am	<p>OH&amp;S and Attendance Information</p> <ul style="list-style-type: none"> <li>• <b>Check Roll with Age Manager</b></li> <li>• <b>Remind Nippers of Sunscreen/hat/shirt when not racing</b></li> <li>• <b>Ensure all Nippers have water bottles</b></li> </ul>		<p>Ask group at start</p> <p>Parents responsibility</p> <p>Parents responsibility</p>



# SESSION PLAN

SESSION TITLE: Board Section - Under 8, 9, & 10 Nippers

SESSION NUMBER: 9

TOTAL HOURS FOR THIS SESSION : 3x40min VENUE: \_\_\_\_\_

TUTOR NAME: \_\_\_\_\_

<p>Target Group</p> <ul style="list-style-type: none"> <li>• <b>U8, 9 &amp; 10 Boys and Girls</b></li> </ul>			
<p>Learning Outcome</p> <ul style="list-style-type: none"> <li>• <b>Basic Board Race Rules</b></li> <li>• <b>Basic Board paddling technique</b></li> </ul>			
TIME	LEARNING ACTIVITIES	RESOURCES	ASSESSMENTS and other COMMENTS
9.45am	<p>Prior to session</p> <ul style="list-style-type: none"> <li>• <b>Check program of Age Groups</b></li> <li>• <b>Check water safety available</b></li> <li>• <b>Check Hazard check with JAC</b></li> </ul>	<p>Event calendar</p> <p>Hazard check sheet</p>	
10.00am	<p>OH&amp;S and Attendance Information</p> <ul style="list-style-type: none"> <li>• <b>Check Roll with Age Manager</b></li> <li>• <b>Remind Nippers of Sunscreen/hat/shirt when not racing</b></li> <li>• <b>Ensure all Nippers have water bottles</b></li> </ul>		<p>Ask group at start</p> <p>Parents responsibility</p> <p>Parents responsibility</p>

TIME	LEARNING ACTIVITIES	RESOURCES	ASSESSMENTS and other COMMENTS
	<b>Lesson Start</b> <i>(section heading)</i>		
10.00am	<ul style="list-style-type: none"> <li>• Check water bottles</li> <li>• Check Sunscreen/hat/shirt</li> </ul>	Age Manager	
10.10am	<ul style="list-style-type: none"> <li>• Warm up activity beach run/walk</li> <li>• Sit in shade and explain rules of Board area</li> <li>• Age Manager is in charge of crowd control</li> <li>• When coach is speaking nippers are to listen and not talk over the top of others</li> <li>• Raise your hand to ask questions</li> <li>• If you are not sure ask!</li> <li>• Let the coach know before you start if you have any injuries/sickness</li> <li>• If you need to leave the area the age manager must be told and go with your parent</li> </ul>		
10.15am	<ul style="list-style-type: none"> <li>• Parents need to be involved in water safety if capable so activity can go ahead.</li> </ul>		
10.40am	<ul style="list-style-type: none"> <li>• Explain the distances of a board race (Course length 227m U9-U10)</li> <li>• 3 buoys</li> <li>• Whistle start /gun start</li> <li>• No more than 16 athletes per race in competition</li> <li>• Participants must go around outside of turning buoys paddling from left to right</li> <li>• Finish is judged on chest over the line and on their feet</li> <li>• Moving before 'go' command is a considered a break or false start</li> <li>• Participants run from start line to the water and run to the finish line between 2 flags 20m apart and 15m from waters edge</li> </ul>		
10.40am	<ul style="list-style-type: none"> <li>• Float the board. Have a volunteer lay on the board in right and wrong ways.</li> <li>• Show correct paddling technique long strokes, cup hands, quick pull through.</li> <li>• Feet and legs in circular motion</li> <li>• Have nippers paddle around in canoe pool or baths</li> <li>• Practice pop and roll techniques</li> <li>• Mini races/relay races</li> </ul>		
10.40am	<ul style="list-style-type: none"> <li>• Finish</li> <li>• Age Manager Mark roll</li> </ul>		

# SESSION PLAN

SESSION TITLE: Swim Section - Under 11, 12, & 13/14 Nippers

SESSION NUMBER: 9

TOTAL HOURS FOR THIS SESSION : 3x40min VENUE: \_\_\_\_\_

TUTOR NAME: \_\_\_\_\_

<p>Target Group</p> <ul style="list-style-type: none"> <li>• <b>U11, 12 &amp; 13/14 Boys and Girls</b></li> </ul>			
<p>Learning Outcome</p> <ul style="list-style-type: none"> <li>• <b>Basic Surf Race Rules</b></li> <li>• <b>Basic Surf start technique</b></li> </ul>			
TIME	LEARNING ACTIVITIES	RESOURCES	ASSESSMENTS and other COMMENTS
9.45am	<p>Prior to session</p> <ul style="list-style-type: none"> <li>• <b>Check program of Age Groups</b></li> <li>• <b>Check water safety available</b></li> <li>• <b>Check Hazard check with JAC</b></li> </ul>	<p>Event calendar</p> <p>Hazard check sheet</p>	
10.00am	<p>OH&amp;S and Attendance Information</p> <ul style="list-style-type: none"> <li>• <b>Check Roll with Age Manager</b></li> <li>• <b>Remind Nippers of Sunscreen/hat/shirt when not racing</b></li> <li>• <b>Ensure all Nippers have water bottles</b></li> </ul>		<p>Ask group at start</p> <p>Parents responsibility</p> <p>Parents responsibility</p>

TIME	LEARNING ACTIVITIES	RESOURCES	ASSESSMENTS and other COMMENTS
	<b>Lesson Start</b> <i>(section heading)</i>		
10.00am	<ul style="list-style-type: none"> <li>• Check water bottles</li> <li>• Check Sunscreen/hat/shirt</li> </ul>	Age Manager	
	<ul style="list-style-type: none"> <li>• Warm up activity</li> </ul>		
10.10am	<ul style="list-style-type: none"> <li>• Sit in shade and explain rules of Swim area</li> <li>• Age Manager is in charge of crowd control</li> <li>• When coach is speaking nippers are to listen and not talk over the top of others</li> <li>• Raise your hand to ask questions</li> <li>• If you are not sure ask!</li> <li>• Let the coach know before you start if you have any injuries/sickness</li> <li>• If you need to leave the area the age manager must be told and go with your parent</li> <li>• Parents need to be involved in water safety if capable so activity can go ahead.</li> </ul>		
10.15am	<ul style="list-style-type: none"> <li>• Explain the distances of a surf race (Course length minimum 288m U11-U14)</li> <li>• Full set of swim buoys</li> <li>• Whistle start</li> <li>• No more than 32 athletes per race in competition</li> <li>• Participants must go around outside of turning buoys swimming from left to right</li> <li>• Finish is judged on chest over the line and on their feet</li> <li>• Moving before 'go' command is a considered a break or false start</li> <li>• Participants run from start line to the water and run to the finish line</li> <li>• Starts - take note of water depth and carry speed from run into wade</li> <li>• Wading technique explained. High knees/ thighs to clear water. Wide arm swing for balance and to drive legs into dolphin dive</li> <li>• Practice starts/races around close can or water safety person 25m out</li> <li>• Body surf practice, into dolphin dive, into wade, into finish</li> <li>• Practice chest forward finishes</li> <li>• Show correct technique</li> <li>• Mini 15m - 25m races</li> <li>• If time permits other drills can be added</li> </ul>		
10.40am	<ul style="list-style-type: none"> <li>• Finish</li> <li>• Age Manager Mark roll</li> </ul>		



# SESSION PLAN

SESSION TITLE: Under 6 Nippers

SESSION NUMBER: 9

TOTAL HOURS FOR THIS SESSION : 1Hr 15mins VENUE: \_\_\_\_\_

TUTOR NAME: \_\_\_\_\_

<p>Target Group</p> <ul style="list-style-type: none"> <li>• <b>U6 Boys and Girls</b></li> <li>• <b>U6 Parents and Helpers</b></li> </ul>			
<p>Learning Outcome</p> <ul style="list-style-type: none"> <li>• <b>Surf Play Lesson # 9</b></li> <li>• <b>Parents and Nippers know age group restrictions (water play only in shallow water eg Canoe pool)</b></li> <li>• <b>Basic wade race skills</b></li> <li>• <b>Basic board introduction</b></li> <li>• <b>Basic beach activities</b></li> </ul>			
TIME	LEARNING ACTIVITIES	RESOURCES	ASSESSMENTS and other COMMENTS
9.45am	<p>Prior to session</p> <ul style="list-style-type: none"> <li>• <b>Obtain Age Guide U6 Surf Play 1</b></li> <li>• <b>Check Red/Yellow boards OK</b></li> <li>• <b>Check water safety with JAC</b></li> </ul>	<p>Age Booklet</p> <p>6 boards</p> <p>Hazard check sheet</p>	
9.45am	<p>OH&amp;S and Attendance Information</p> <ul style="list-style-type: none"> <li>• <b>Check Roll</b></li> <li>• <b>Check water safety</b></li> <li>• <b>Check parent a club member</b></li> <li>• <b>Remind Nippers of Sunscreen/hat/shirt</b></li> <li>• <b>Ensure all Nippers have water bottles</b></li> </ul>	<p>Age Folder</p>	<p>Ask group at start</p> <p>Parents responsibility</p> <p>Parents responsibility</p>

TIME	LEARNING ACTIVITIES	RESOURCES	ASSESSMENTS and other COMMENTS
	<b>Lesson Start</b> <i>(section heading)</i>		
10.00am	<ul style="list-style-type: none"> <li>• Mark attendance</li> <li>• Ensure parents are attending info meeting</li> <li>• Check water bottles</li> <li>• Check Sunscreen/hat/shirt</li> </ul>		
10.10am	<ul style="list-style-type: none"> <li>• Game of red rover or tips to warm up</li> </ul>		
10.15am	<ul style="list-style-type: none"> <li>• U6 Age guide booklet Surf Play lesson #9</li> </ul>		
10.45am	<ul style="list-style-type: none"> <li>• Canoe pool basic board paddle</li> <li>• Put nippers on boards and let them feel floating pull them along or</li> <li>• More advanced nippers can paddle around parent standing in water</li> </ul>		
11.00am	<ul style="list-style-type: none"> <li>• Swap with U7 group.</li> <li>• Basic wade</li> <li>• Let Nippers run around in Canoe pool around a parent then back.</li> <li>• Encourage them to lift their knees high and get their arms moving.</li> <li>• Chase tennis balls or have a relay.</li> <li>• Also go in shallow water and crawl around their parents or have a crawling relay.</li> </ul>		
11.15am	<ul style="list-style-type: none"> <li>• Depending on time beach race relay kids vs parents.</li> <li>• Game of tips/red rover to warm down</li> </ul>		
11.20am	<ul style="list-style-type: none"> <li>• Finish</li> <li>• Mark roll</li> <li>• Remind parents of sunscreen/hat/shirt</li> <li>• Ask parents to be there at 9.45am next week</li> </ul>		

# SESSION PLAN

SESSION TITLE: Under 7 Nippers

SESSION NUMBER: 9

TOTAL HOURS FOR THIS SESSION : 1Hr 15mins VENUE: \_\_\_\_\_

TUTOR NAME: \_\_\_\_\_

Target Group

- **U7 Boys and Girls**
- **U7 Parents and Helpers**

Learning Outcome

- **Surf Play 2 Lesson # 9**
- **Parents and Nippers know age group restrictions (water play only in shallow water eg Canoe pool)**
- **Basic wade race skills**
- **Basic board introduction**
- **Basic beach activities**

TIME	LEARNING ACTIVITIES	RESOURCES	ASSESSMENTS and other COMMENTS
9.45am	Prior to session <ul style="list-style-type: none"> <li>• <b>Obtain Age Guide U7 Surf Play 2</b></li> <li>• <b>Check Red/Yellow boards OK</b></li> <li>• <b>Check water safety with JAC</b></li> </ul>	Age Booklet 6 boards Hazard check sheet	
9.45am	OH&S and Attendance Information <ul style="list-style-type: none"> <li>• <b>Check Roll</b></li> <li>• <b>Check water safety</b></li> <li>• <b>Check parent a club member</b></li> <li>• <b>Remind Nippers of Sunscreen/hat/shirt</b></li> <li>• <b>Ensure all Nippers have water bottles</b></li> </ul>	Age Folder	Ask group at start Parents responsibility Parents responsibility

TIME	LEARNING ACTIVITIES	RESOURCES	ASSESSMENTS and other COMMENTS
	<b>Lesson Start</b> <i>(section heading)</i>		
10.00am	<ul style="list-style-type: none"> <li>• Mark attendance</li> <li>• Ensure parents are attending info meeting</li> <li>• Check water bottles</li> <li>• Check Sunscreen/hat/shirt</li> </ul>		
10.10am	<ul style="list-style-type: none"> <li>• Game of red rover or tips to warm up</li> </ul>		
10.15am	<ul style="list-style-type: none"> <li>• U7 Age guide booklet Surf Play2 lesson #9</li> </ul>		
10.45am	<ul style="list-style-type: none"> <li>• Basic wade</li> <li>• Let Nippers run around in Canoe pool around a parent then back.</li> <li>• Encourage them to lift their knees high and get their arms moving.</li> <li>• Chase tennis balls or have a relay.</li> <li>• Also go in shallow water and crawl around their parents or have a crawling relay.</li> </ul>		
11.00am	<ul style="list-style-type: none"> <li>• Canoe pool basic board paddle</li> <li>• Try a board rescue in the canoe pool</li> <li>• Have board rescue races</li> <li>• Put nippers on boards and let them feel floating pull them along or</li> <li>• More advanced nippers can paddle around parent standing in water mini board relay</li> </ul>		
11.15am	<ul style="list-style-type: none"> <li>• Depending on time beach race relay kids vs parents.</li> <li>• Game of tips/red rover to warm down</li> </ul>		
11.20am	<ul style="list-style-type: none"> <li>• Finish</li> <li>• Mark roll</li> <li>• Remind parents of sunscreen/hat/shirt</li> <li>• Ask parents to be there at 9.45am next week</li> </ul>		

# SESSION PLAN

SESSION TITLE: Under 8 Nippers

SESSION NUMBER: 9

TOTAL HOURS FOR THIS SESSION : 2Hrs VENUE: \_\_\_\_\_

TUTOR NAME: \_\_\_\_\_

<p>Target Group</p> <ul style="list-style-type: none"> <li>• <b>U8 Boys and Girls</b></li> </ul>			
<p>Learning Outcome</p> <ul style="list-style-type: none"> <li>• <b>Parents and Nippers know where amenities are</b></li> <li>• <b>Parents and Nippers know age group restrictions (water events only if proficient)</b></li> <li>• <b>Basic board introduction</b></li> <li>• <b>Basic beach activities #1</b></li> <li>• <b>Surf Ed #1 - Surf Aware Age Guide Lesson # 9</b></li> </ul>			
TIME	LEARNING ACTIVITIES	RESOURCES	ASSESSMENTS and other COMMENTS
9.45am	<p>Prior to session</p> <ul style="list-style-type: none"> <li>• <b>Obtain Age Guide U8 Surf Aware</b></li> <li>• <b>Check foamie boards OK</b></li> <li>• <b>Check water safety with JAC</b></li> </ul>	<p>Age Booklet</p> <p>6 boards</p> <p>Hazard check sheet</p>	
9.45am	<p>OH&amp;S and Attendance Information</p> <ul style="list-style-type: none"> <li>• <b>Check Roll</b></li> <li>• <b>Check water safety</b></li> <li>• <b>Check parent a club member</b></li> <li>• <b>Remind Nippers of Sunscreen/hat/shirt</b></li> <li>• <b>Ensure all Nippers have water bottles</b></li> </ul>	<p>Age Folder</p>	<p>Ask group at start</p> <p>Parents responsibility</p> <p>Parents responsibility</p>

TIME	LEARNING ACTIVITIES	RESOURCES	ASSESSMENTS and other COMMENTS
	<b>Lesson Start</b> <i>(section heading)</i>		
10.00am	<ul style="list-style-type: none"> <li>• Mark attendance</li> <li>• Ensure parents are attending info meeting</li> <li>• Check water bottles</li> <li>• Check Sunscreen/hat/shirt</li> </ul>		
10.05am	<ul style="list-style-type: none"> <li>• Board Section with Gavin Johns</li> <li>• Warm up</li> <li>• Basic introduction to board paddling</li> <li>• Basic board technique</li> <li>• The lay down paddle and stroke</li> <li>• Pop and roll technique</li> </ul>		
10.40am	<ul style="list-style-type: none"> <li>• Basic beach #1 with Steve Cook</li> <li>• The basic rules and techniques of beach sprinting and beach relay and flags</li> <li>• Skills shown include running technique/starts/finishes</li> <li>• Practice drills</li> </ul>		
11.20am	<ul style="list-style-type: none"> <li>• Surf Ed #1 with Andrew Johnson</li> <li>• Surf Aware 1 Lesson 7</li> </ul>		
11.50am	<ul style="list-style-type: none"> <li>• Game of tips/red rover to warm down</li> <li>• Finish</li> <li>• Mark roll</li> <li>• Remind parents of sunscreen/hat/shirt</li> <li>• Ask parents to be there at 9.45am next week</li> </ul>		

# SESSION PLAN

SESSION TITLE: Under 9 Nippers

SESSION NUMBER: 9

TOTAL HOURS FOR THIS SESSION : 2Hrs VENUE: \_\_\_\_\_

TUTOR NAME: \_\_\_\_\_

<p>Target Group</p> <ul style="list-style-type: none"> <li>• <b>U9 Boys and Girls</b></li> </ul>			
<p>Learning Outcome</p> <ul style="list-style-type: none"> <li>• <b>Parents and Nippers know where amenities are</b></li> <li>• <b>Basic beach activities #2</b></li> <li>• <b>Surf Ed #1 - Surf Aware 2 Age Guide Lesson # 9</b></li> <li>• <b>Basic board introduction</b></li> </ul>			
TIME	LEARNING ACTIVITIES	RESOURCES	ASSESSMENTS and other COMMENTS
9.45am	<p>Prior to session</p> <ul style="list-style-type: none"> <li>• <b>Obtain Age Guide U9Surf Aware</b></li> <li>• <b>Check foamie boards OK</b></li> <li>• <b>Check water safety with JAC</b></li> </ul>	<p>Age Booklet</p> <p>6 boards</p> <p>Hazard check sheet</p>	
9.45am	<p>OH&amp;S and Attendance Information</p> <ul style="list-style-type: none"> <li>• <b>Check Roll</b></li> <li>• <b>Check water safety</b></li> <li>• <b>Check parent a club member</b></li> <li>• <b>Remind Nippers of Sunscreen/hat/shirt</b></li> <li>• <b>Ensure all Nippers have water bottles</b></li> </ul>	<p>Age Folder</p>	<p>Ask group at start</p> <p>Parents responsibility</p> <p>Parents responsibility</p>

TIME	LEARNING ACTIVITIES	RESOURCES	ASSESSMENTS and other COMMENTS
	<b>Lesson Start</b> <i>(section heading)</i>		
<b>10.00am</b>	<ul style="list-style-type: none"> <li>• Mark attendance</li> <li>• Ensure parents are attending info meeting</li> <li>• Check water bottles</li> <li>• Check Sunscreen/hat/shirt</li> </ul>		
<b>10.05am</b>	<ul style="list-style-type: none"> <li>• Warm Up with Steve Cook</li> <li>• Basic beach #1 with Shane Whereat</li> <li>• The basic rules and techniques of beach sprinting and beach relay and flags</li> <li>• Skills shown include running technique/starts/finishes</li> <li>• Practice drills</li> </ul>		
<b>10.40am</b>	<ul style="list-style-type: none"> <li>• Surf Ed #1 with Andrew Johnson</li> <li>• Surf Aware 2 Lesson 9</li>   <li>• Game of tips/red rover/free swim till board section ready</li> </ul>		
<b>11.20am</b>	<ul style="list-style-type: none"> <li>• Board Section with Gavin Johns</li> <li>• Basic introduction to board paddling</li> <li>• Basic board technique</li> <li>• The lay down paddle and stroke</li> <li>• Pop and roll technique</li> </ul>		
<b>12.00pm</b>	<ul style="list-style-type: none"> <li>• Finish</li> <li>• Mark roll</li> <li>• Remind parents of sunscreen/hat/shirt</li> <li>• Ask parents to be there at 9.45am next week</li> </ul>		



# SESSION PLAN

SESSION TITLE: Under 10 Nippers

SESSION NUMBER: 9

TOTAL HOURS FOR THIS SESSION : 2Hrs VENUE: \_\_\_\_\_

TUTOR NAME: \_\_\_\_\_

<p>Target Group</p> <ul style="list-style-type: none"> <li>• <b>U10 Boys and Girls</b></li> </ul>			
<p>Learning Outcome</p> <ul style="list-style-type: none"> <li>• <b>Parents and Nippers know age group restrictions (water events only if proficient)</b></li> <li>• <b>Surf Ed #1 - Surf Safe 1 Age Guide Lesson # 9</b></li> <li>• <b>Basic board introduction</b></li> <li>• <b>Basic beach activities #1</b></li> </ul>			
TIME	LEARNING ACTIVITIES	RESOURCES	ASSESSMENTS and other COMMENTS
9.45am	<p>Prior to session</p> <ul style="list-style-type: none"> <li>• <b>Obtain Age Guide U10Surf Safe 1</b></li> <li>• <b>Check foamie boards OK</b></li> <li>• <b>Check water safety with JAC</b></li> </ul>	<p>Age Booklet</p> <p>6 boards</p> <p>Hazard check sheet</p>	
9.45am	<p>OH&amp;S and Attendance Information</p> <ul style="list-style-type: none"> <li>• <b>Check Roll</b></li> <li>• <b>Check water safety</b></li> <li>• <b>Check parent a club member</b></li> <li>• <b>Remind Nippers of Sunscreen/hat/shirt</b></li> <li>• <b>Ensure all Nippers have water bottles</b></li> </ul>	<p>Age Folder</p>	<p>Ask group at start</p> <p>Parents responsibility</p> <p>Parents responsibility</p>

TIME	LEARNING ACTIVITIES	RESOURCES	ASSESSMENTS and other COMMENTS
	<b>Lesson Start</b> <i>(section heading)</i>		
<b>10.00am</b>	<ul style="list-style-type: none"> <li>• Mark attendance</li> <li>• Ensure parents are attending info meeting</li> <li>• Check water bottles</li> <li>• Check Sunscreen/hat/shirt</li> </ul>		
<b>10.05am</b>	<ul style="list-style-type: none"> <li>• Surf Ed #1 with Andrew Johnson</li> <li>• Surf Safe 1 Lesson 9</li>   <li>• Game of tips/red rover/free swim till board section ready</li> </ul>		
<b>10.40am</b>	<ul style="list-style-type: none"> <li>• Board Section with Gavin Johns</li> <li>• Basic introduction to board paddling</li> <li>• Basic board technique</li> <li>• The lay down paddle and stroke</li> <li>• Pop and roll technique</li> </ul>		
<b>11.20am</b>	<ul style="list-style-type: none"> <li>• Basic beach #1 with Steve Cook</li> <li>• The basic rules and techniques of beach sprinting and beach relay and flags</li> <li>• Skills shown include running technique/starts/finishes</li> <li>• Practice drills</li> </ul>		
<b>12.00pm</b>	<ul style="list-style-type: none"> <li>• Finish</li> <li>• Mark roll</li> <li>• Remind parents of sunscreen/hat/shirt</li> <li>• Ask parents to be there at 9.45am next week</li> </ul>		

# SESSION PLAN

SESSION TITLE: Under 11 Nippers

SESSION NUMBER: 9

TOTAL HOURS FOR THIS SESSION : 2Hrs VENUE: \_\_\_\_\_

TUTOR NAME: \_\_\_\_\_

<p>Target Group</p> <ul style="list-style-type: none"> <li>• <b>U11 Boys and Girls</b></li> </ul>			
<p>Learning Outcome</p> <ul style="list-style-type: none"> <li>• <b>Parents and Nippers know age group restrictions (water events only if proficient)</b></li> <li>• <b>Surf Ed #2 - Surf Safe 2 Age Guide Lesson # 9</b></li> <li>• <b>Basic swim/surf race introduction</b></li> <li>• <b>Basic beach activities #2</b></li> </ul>			
TIME	LEARNING ACTIVITIES	RESOURCES	ASSESSMENTS and other COMMENTS
9.45am	<p>Prior to session</p> <ul style="list-style-type: none"> <li>• <b>Obtain Age Guide U11Surf Safe 2</b></li> <li>• <b>Check water safety with JAC</b></li> </ul>	<p>Age Booklet</p> <p>6 boards</p> <p>Hazard check sheet</p>	
9.45am	<p>OH&amp;S and Attendance Information</p> <ul style="list-style-type: none"> <li>• <b>Check Roll</b></li> <li>• <b>Check water safety</b></li> <li>• <b>Check parent a club member</b></li> <li>• <b>Remind Nippers of Sunscreen/hat/shirt</b></li> <li>• <b>Ensure all Nippers have water bottles</b></li> </ul>	<p>Age Folder</p>	<p>Ask group at start</p> <p>Parents responsibility</p> <p>Parents responsibility</p>

TIME	LEARNING ACTIVITIES	RESOURCES	ASSESSMENTS and other COMMENTS
	<b>Lesson Start</b> <i>(section heading)</i>		
<b>10.00am</b>	<ul style="list-style-type: none"> <li>• Mark attendance</li> <li>• Ensure parents are attending info meeting</li> <li>• Check water bottles</li> <li>• Check Sunscreen/hat/shirt</li> </ul>		
<b>10.05am</b>	<ul style="list-style-type: none"> <li>• Swim Section with Ian Wood</li> <li>• Warm up</li> <li>• Basic introduction to surf swimming</li> <li>• What is a surf race</li> <li>• Where to swim</li> <li>• How to get through the waves</li> <li>• Practice body surfing</li> </ul>		
<b>10.40am</b>	<ul style="list-style-type: none"> <li>• Basic beach #2 with Shane Whereat</li> <li>• The basic rules and techniques of beach sprinting and beach relay and flags</li> <li>• Skills shown include running technique/starts/finishes</li> <li>• Practice drills</li> </ul>		
<b>11.20am</b>	<ul style="list-style-type: none"> <li>• Surf Ed #2 with Tara Neal</li> <li>• Surf Safe 2 Lesson 9</li>   <li>• Game of volleyball/free swim</li> </ul>		
<b>12.00pm</b>	<ul style="list-style-type: none"> <li>• Finish</li> <li>• Mark roll</li> <li>• Remind parents of sunscreen/hat/shirt</li> <li>• Ask parents to be there at 9.45am next week</li> </ul>		

# SESSION PLAN

SESSION TITLE: Under 12 Nippers

SESSION NUMBER: 9

TOTAL HOURS FOR THIS SESSION : 2Hrs VENUE: \_\_\_\_\_

TUTOR NAME: \_\_\_\_\_

## Target Group

- **U12 Boys and Girls**

## Learning Outcome

- **Parents and Nippers know age group restrictions (water events only if proficient)**
- **Basic beach activities #2**
- **Surf Ed #2 - Surf Smart 1 Age Guide Lesson # 9**
- **Basic swim/surf race introduction**

TIME	LEARNING ACTIVITIES	RESOURCES	ASSESSMENTS and other COMMENTS
9.45am	Prior to session <ul style="list-style-type: none"> <li>• <b>Obtain Age Guide U12Surf Smart 1</b></li> <li>• <b>Check water safety with JAC</b></li> </ul>	Age Booklet 6 boards Hazard check sheet	
9.45am	OH&S and Attendance Information <ul style="list-style-type: none"> <li>• <b>Check Roll</b></li> <li>• <b>Check water safety</b></li> <li>• <b>Check parent a club member</b></li> <li>• <b>Remind Nippers of Sunscreen/hat/shirt</b></li> <li>• <b>Ensure all Nippers have water bottles</b></li> </ul>	Age Folder	Ask group at start Parents responsibility Parents responsibility

TIME	LEARNING ACTIVITIES	RESOURCES	ASSESSMENTS and other COMMENTS
	<b>Lesson Start</b> <i>(section heading)</i>		
<b>10.00am</b>	<ul style="list-style-type: none"> <li>• Mark attendance</li> <li>• Ensure parents are attending info meeting</li> <li>• Check water bottles</li> <li>• Check Sunscreen/hat/shirt</li> </ul>		
<b>10.05am</b>	<ul style="list-style-type: none"> <li>• Basic beach #2 with Shane Whereat</li> <li>• Warm Up</li> <li>• The basic rules and techniques of beach sprinting and beach relay and flags</li> <li>• Skills shown include running technique/starts/finishes</li> <li>• Practice drills</li> </ul>		
<b>10.40am</b>	<ul style="list-style-type: none"> <li>• Surf Ed # 2 with Tara Neal</li> <li>• Surf Safe 2 Lesson 9</li>   <li>• Game of volleyball/free swim till swim section ready</li> </ul>		
<b>11.20am</b>	<ul style="list-style-type: none"> <li>• Swim Section with Ian Wood</li> <li>• Basic introduction to surf swimming</li> <li>• What is a surf race</li> <li>• Where to swim</li> <li>• How to get through the waves</li> <li>• Practice body surfing</li> </ul>		
<b>12.00pm</b>	<ul style="list-style-type: none"> <li>• Finish</li> <li>• Mark roll</li> <li>• Remind parents of sunscreen/hat/shirt</li> <li>• Ask parents to be there at 9.45am next week</li> </ul>		

# SESSION PLAN

SESSION TITLE: Under 13 &14 Nippers

SESSION NUMBER: 9

TOTAL HOURS FOR THIS SESSION : 2Hrs VENUE: \_\_\_\_\_

TUTOR NAME: \_\_\_\_\_

## Target Group

- **U13 & U14 Boys and Girls**

## Learning Outcome

- **Parents and Nippers know age group restrictions (water events only if proficient)**
- **Basic beach activities #2**
- **Surf Ed #2 - Surf Smart 2 Age Guide Lesson # 9**
- **Basic swim/surf race introduction**

TIME	LEARNING ACTIVITIES	RESOURCES	ASSESSMENTS and other COMMENTS
9.45am	Prior to session <ul style="list-style-type: none"> <li>• <b>Obtain Age Guide U12Surf Smart 2</b></li> <li>• <b>Check water safety with JAC</b></li> </ul>	Age Booklet 6 boards Hazard check sheet	
9.45am	OH&S and Attendance Information <ul style="list-style-type: none"> <li>• <b>Check Roll</b></li> <li>• <b>Check water safety</b></li> <li>• <b>Check parent a club member</b></li> <li>• <b>Remind Nippers of Sunscreen/hat/shirt</b></li> <li>• <b>Ensure all Nippers have water bottles</b></li> </ul>	Age Folder	Ask group at start Parents responsibility Parents responsibility

TIME	LEARNING ACTIVITIES	RESOURCES	ASSESSMENTS and other COMMENTS
	<b>Lesson Start</b> <i>(section heading)</i>		
<b>10.00am</b>	<ul style="list-style-type: none"> <li>• Mark attendance</li> <li>• Ensure parents are attending info meeting</li> <li>• Check water bottles</li> <li>• Check Sunscreen/hat/shirt</li> </ul>		
<b>10.05am</b>	<ul style="list-style-type: none"> <li>• Surf Ed # 2 with Tara Neal</li> <li>• Surf Safe 2 Lesson 9</li>   <li>• Game of volleyball/free swim till swim section ready</li> </ul>		
<b>10.40am</b>	<ul style="list-style-type: none"> <li>• Swim Section with Ian Wood</li> <li>• Warm up</li> <li>• Basic introduction to surf swimming</li> <li>• What is a surf race</li> <li>• Where to swim</li> <li>• How to get through the waves</li> <li>• Practice body surfing</li> </ul>		
<b>11.20am</b>	<ul style="list-style-type: none"> <li>• Basic beach #2 with Shane Whereat</li> <li>• The basic rules and techniques of beach sprinting and beach relay and flags</li> <li>• Skills shown include running technique/starts/finishes</li> <li>• Practice drills</li> </ul>		
<b>12.00pm</b>	<ul style="list-style-type: none"> <li>• Finish</li> <li>• Mark roll</li> <li>• Remind parents of sunscreen/hat/shirt</li> <li>• Ask parents to be there at 9.45am next week</li> </ul>		