

SESSION PLAN

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

SESSION NUMBER: 5

TOTAL HOURS FOR THIS SESSION : 3x40min VENUE: _____

TUTOR NAME: _____

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

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

SESSION PLAN

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

SESSION NUMBER: 5

TOTAL HOURS FOR THIS SESSION : 3x40min VENUE: _____

TUTOR NAME: _____

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

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

SESSION PLAN

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

SESSION NUMBER: 5

TOTAL HOURS FOR THIS SESSION : 3x40min VENUE: _____

TUTOR NAME: _____

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

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

SESSION PLAN

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

SESSION NUMBER: 5

TOTAL HOURS FOR THIS SESSION : 3x40min VENUE: _____

TUTOR NAME: _____

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

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

SESSION PLAN

SESSION TITLE: Under 6 Nippers

SESSION NUMBER: 5

TOTAL HOURS FOR THIS SESSION : 1Hr 15mins VENUE: _____

TUTOR NAME: _____

Target Group

- **U6 Boys and Girls**
- **U6 Parents and Helpers**

Learning Outcome

- **Surf Play Lesson # 5**
- **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	<p>Prior to session</p> <ul style="list-style-type: none"> • Obtain Age Guide U6 Surf Play 1 • Check Red/Yellow boards OK • Check water safety with JAC 	<p>Age Booklet</p> <p>6 boards</p> <p>Hazard check sheet</p>	
9.45am	<p>OH&S and Attendance Information</p> <ul style="list-style-type: none"> • Check Roll • Check water safety • Check parent a club member • Remind Nippers of Sunscreen/hat/shirt • Ensure all Nippers have water bottles 	<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
	Lesson Start <i>(section heading)</i>		
10.00am	<ul style="list-style-type: none"> • Mark attendance • Ensure parents are attending info meeting • Check water bottles • Check Sunscreen/hat/shirt 		
10.10am	<ul style="list-style-type: none"> • Game of red rover or tips to warm up 		
10.15am	<ul style="list-style-type: none"> • U6 Age guide booklet Surf Play lesson #5 		
10.45am	<ul style="list-style-type: none"> • Canoe pool basic board paddle • Put nippers on boards and let them feel floating pull them along or • More advanced nippers can paddle around parent standing in water 		
11.00am	<ul style="list-style-type: none"> • Swap with U7 group. • Basic wade • Let Nippers run around in Canoe pool around a parent then back. • Encourage them to lift their knees high and get their arms moving. • Ask questions about what it is easier to run on i.e. grass/sand/water • Chase tennis balls or have a relay. • Also go in shallow water and crawl around their parents or have a crawling relay. 		
11.15am	<ul style="list-style-type: none"> • Depending on time beach race relay kids vs parents. • Game of tips/red rover to warm down 		
11.20am	<ul style="list-style-type: none"> • Finish • Mark roll • Remind parents of sunscreen/hat/shirt • Ask parents to be there at 9.45am next week 		

SESSION PLAN

SESSION TITLE: Under 7 Nippers

SESSION NUMBER: 5

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 # 5**
- **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	<p>Prior to session</p> <ul style="list-style-type: none"> • Obtain Age Guide U7 Surf Play 2 • Check Red/Yellow boards OK • Check water safety with JAC 	<p>Age Booklet</p> <p>6 boards</p> <p>Hazard check sheet</p>	
9.45am	<p>OH&S and Attendance Information</p> <ul style="list-style-type: none"> • Check Roll • Check water safety • Check parent a club member • Remind Nippers of Sunscreen/hat/shirt • Ensure all Nippers have water bottles 	<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
	Lesson Start <i>(section heading)</i>		
10.00am	<ul style="list-style-type: none"> • Mark attendance • Ensure parents are attending info meeting • Check water bottles • Check Sunscreen/hat/shirt 		
10.10am	<ul style="list-style-type: none"> • Game of red rover or tips to warm up 		
10.15am	<ul style="list-style-type: none"> • U7 Age guide booklet Surf Play2 lesson #5 		
10.45am	<ul style="list-style-type: none"> • Basic wade • Let Nippers run around in Canoe pool around a parent then back. • Encourage them to lift their knees high and get their arms moving. • Ask questions about what it is easier to run on i.e. grass/sand/water • Chase tennis balls or have a relay. • Also go in shallow water and crawl around their parents or have a crawling relay. 		
11.00am	<ul style="list-style-type: none"> • Swap with U6 Nippers • Canoe pool basic board paddle • Put nippers on boards and let them feel floating pull them along or • More advanced nippers can paddle around parent standing in water mini board relay 		
11.15am	<ul style="list-style-type: none"> • Depending on time beach race relay kids vs parents. • Game of tips/red rover to warm down 		
11.20am	<ul style="list-style-type: none"> • Finish • Mark roll • Remind parents of sunscreen/hat/shirt • Ask parents to be there at 9.45am next week 		

SESSION PLAN

SESSION TITLE: Under 8 Nippers

SESSION NUMBER: 5

TOTAL HOURS FOR THIS SESSION : 2Hrs VENUE: _____

TUTOR NAME: _____

<p>Target Group</p> <ul style="list-style-type: none"> • U8 Boys and Girls 			
<p>Learning Outcome</p> <ul style="list-style-type: none"> • Parents and Nippers know where amenities are • Parents and Nippers know age group restrictions (water events only if proficient) • Basic board introduction • Basic beach activities #1 • Surf Ed #1 - Surf Aware Age Guide Lesson # 5 			
TIME	LEARNING ACTIVITIES	RESOURCES	ASSESSMENTS and other COMMENTS
9.45am	<p>Prior to session</p> <ul style="list-style-type: none"> • Obtain Age Guide U8 Surf Aware • Check foamie boards OK • Check water safety with JAC 	<p>Age Booklet</p> <p>6 boards</p> <p>Hazard check sheet</p>	
9.45am	<p>OH&S and Attendance Information</p> <ul style="list-style-type: none"> • Check Roll • Check water safety • Check parent a club member • Remind Nippers of Sunscreen/hat/shirt • Ensure all Nippers have water bottles 	<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
10.00am	<p>Lesson Start <i>(section heading)</i></p> <ul style="list-style-type: none"> • Mark attendance • Ensure parents are attending info meeting • Check water bottles • Check Sunscreen/hat/shirt 		
10.05am	<ul style="list-style-type: none"> • Board Section with Gavin Johns • Warm up • Basic introduction to board paddling • Basic board technique • The lay down paddle and stroke • Pop and roll technique 		
10.40am	<ul style="list-style-type: none"> • Basic beach #1 with Steve Cook • The basic rules and techniques of beach sprinting and beach relay and flags • Skills shown include running technique/starts/finishes • Practice drills 		
11.20am	<ul style="list-style-type: none"> • Surf Ed #1 with Andrew Johnson • Surf Aware 1 Lesson 5 		
11.50am	<ul style="list-style-type: none"> • Game of tips/red rover to warm down • Finish • Mark roll • Remind parents of sunscreen/hat/shirt • Ask parents to be there at 9.45am next week 		

SESSION PLAN

SESSION TITLE: Under 9 Nippers

SESSION NUMBER: 5

TOTAL HOURS FOR THIS SESSION : 2Hrs VENUE: _____

TUTOR NAME: _____

<p>Target Group</p> <ul style="list-style-type: none"> • U9 Boys and Girls 			
<p>Learning Outcome</p> <ul style="list-style-type: none"> • Parents and Nippers know where amenities are • Basic beach activities #2 • Surf Ed #1 - Surf Aware 2 Age Guide Lesson # 5 • Basic board introduction 			
TIME	LEARNING ACTIVITIES	RESOURCES	ASSESSMENTS and other COMMENTS
9.45am	<p>Prior to session</p> <ul style="list-style-type: none"> • Obtain Age Guide U9Surf Aware • Check foamie boards OK • Check water safety with JAC 	<p>Age Booklet</p> <p>6 boards</p> <p>Hazard check sheet</p>	
9.45am	<p>OH&S and Attendance Information</p> <ul style="list-style-type: none"> • Check Roll • Check water safety • Check parent a club member • Remind Nippers of Sunscreen/hat/shirt • Ensure all Nippers have water bottles 	<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
	Lesson Start <i>(section heading)</i>		
10.00am	<ul style="list-style-type: none"> • Mark attendance • Ensure parents are attending info meeting • Check water bottles • Check Sunscreen/hat/shirt 		
10.05am	<ul style="list-style-type: none"> • Warm Up with Steve Cook • Basic beach #1 with Shane Whereat • The basic rules and techniques of beach sprinting and beach relay and flags • Skills shown include running technique/starts/finishes • Practice drills 		
10.40am	<ul style="list-style-type: none"> • Surf Ed #1 with Andrew Johnson • Surf Aware 2 Lesson 5 • Game of tips/red rover/free swim till board section ready 		
11.20am	<ul style="list-style-type: none"> • Board Section with Gavin Johns • Basic introduction to board paddling • Basic board technique • The lay down paddle and stroke • Pop and roll technique 		
12.00pm	<ul style="list-style-type: none"> • Finish • Mark roll • Remind parents of sunscreen/hat/shirt • Ask parents to be there at 9.45am next week 		

SESSION PLAN

SESSION TITLE: Under 10 Nippers

SESSION NUMBER: 5

TOTAL HOURS FOR THIS SESSION : 2Hrs VENUE: _____

TUTOR NAME: _____

<p>Target Group</p> <ul style="list-style-type: none"> • U10 Boys and Girls 			
<p>Learning Outcome</p> <ul style="list-style-type: none"> • Parents and Nippers know age group restrictions (water events only if proficient) • Surf Ed #1 - Surf Safe 1 Age Guide Lesson # 5 • Basic board introduction • Basic beach activities #1 			
TIME	LEARNING ACTIVITIES	RESOURCES	ASSESSMENTS and other COMMENTS
9.45am	<p>Prior to session</p> <ul style="list-style-type: none"> • Obtain Age Guide U10Surf Safe 1 • Check foamie boards OK • Check water safety with JAC 	<p>Age Booklet</p> <p>6 boards</p> <p>Hazard check sheet</p>	
9.45am	<p>OH&S and Attendance Information</p> <ul style="list-style-type: none"> • Check Roll • Check water safety • Check parent a club member • Remind Nippers of Sunscreen/hat/shirt • Ensure all Nippers have water bottles 	<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
	Lesson Start <i>(section heading)</i>		
10.00am	<ul style="list-style-type: none"> • Mark attendance • Ensure parents are attending info meeting • Check water bottles • Check Sunscreen/hat/shirt 		
10.05am	<ul style="list-style-type: none"> • Surf Ed #1 with Andrew Johnson • Surf Safe 1 Lesson 5 • Game of tips/red rover/free swim till board section ready 		
10.40am	<ul style="list-style-type: none"> • Board Section with Gavin Johns • Basic introduction to board paddling • Basic board technique • The lay down paddle and stroke • Pop and roll technique 		
11.20am	<ul style="list-style-type: none"> • Basic beach #1 with Steve Cook • The basic rules and techniques of beach sprinting and beach relay and flags • Skills shown include running technique/starts/finishes • Practice drills 		
12.00pm	<ul style="list-style-type: none"> • Finish • Mark roll • Remind parents of sunscreen/hat/shirt • Ask parents to be there at 9.45am next week 		

SESSION PLAN

SESSION TITLE: Under 11 Nippers

SESSION NUMBER: 5

TOTAL HOURS FOR THIS SESSION : 2Hrs VENUE: _____

TUTOR NAME: _____

<p>Target Group</p> <ul style="list-style-type: none"> • U11 Boys and Girls 			
<p>Learning Outcome</p> <ul style="list-style-type: none"> • Parents and Nippers know age group restrictions (water events only if proficient) • Surf Ed #2 - Surf Safe 2 Age Guide Lesson # 5 • Basic swim/surf race introduction • Basic beach activities #2 			
TIME	LEARNING ACTIVITIES	RESOURCES	ASSESSMENTS and other COMMENTS
9.45am	<p>Prior to session</p> <ul style="list-style-type: none"> • Obtain Age Guide U11Surf Safe 2 • Check water safety with JAC 	<p>Age Booklet</p> <p>6 boards</p> <p>Hazard check sheet</p>	
9.45am	<p>OH&S and Attendance Information</p> <ul style="list-style-type: none"> • Check Roll • Check water safety • Check parent a club member • Remind Nippers of Sunscreen/hat/shirt • Ensure all Nippers have water bottles 	<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
	Lesson Start <i>(section heading)</i>		
10.00am	<ul style="list-style-type: none"> • Mark attendance • Ensure parents are attending info meeting • Check water bottles • Check Sunscreen/hat/shirt 		
10.05am	<ul style="list-style-type: none"> • Swim Section with Ian Wood • Warm up • Basic introduction to surf swimming • What is a surf race • Where to swim • How to get through the waves • Practice body surfing 		
10.40am	<ul style="list-style-type: none"> • Basic beach #2 with Shane Whereat • The basic rules and techniques of beach sprinting and beach relay and flags • Skills shown include running technique/starts/finishes • Practice drills 		
11.20am	<ul style="list-style-type: none"> • Surf Ed #2 with Tara Neal • Surf Safe 2 Lesson 5 • Game of volleyball/free swim 		
12.00pm	<ul style="list-style-type: none"> • Finish • Mark roll • Remind parents of sunscreen/hat/shirt • Ask parents to be there at 9.45am next week 		

SESSION PLAN

SESSION TITLE: Under 12 Nippers

SESSION NUMBER: 5

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 # 5**
- **Basic swim/surf race introduction**

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

TIME	LEARNING ACTIVITIES	RESOURCES	ASSESSMENTS and other COMMENTS
	Lesson Start <i>(section heading)</i>		
10.00am	<ul style="list-style-type: none"> • Mark attendance • Ensure parents are attending info meeting • Check water bottles • Check Sunscreen/hat/shirt 		
10.05am	<ul style="list-style-type: none"> • Basic beach #2 with Shane Whereat • Warm Up • The basic rules and techniques of beach sprinting and beach relay and flags • Skills shown include running technique/starts/finishes • Practice drills 		
10.40am	<ul style="list-style-type: none"> • Surf Ed # 2 with Tara Neal • Surf Safe 2 Lesson 5 • Game of volleyball/free swim till swim section ready 		
11.20am	<ul style="list-style-type: none"> • Swim Section with Ian Wood • Basic introduction to surf swimming • What is a surf race • Where to swim • How to get through the waves • Practice body surfing 		
12.00pm	<ul style="list-style-type: none"> • Finish • Mark roll • Remind parents of sunscreen/hat/shirt • Ask parents to be there at 9.45am next week 		

SESSION PLAN

SESSION TITLE: Under 13 &14 Nippers

SESSION NUMBER: 5

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 # 5**
- **Basic swim/surf race introduction**

TIME	LEARNING ACTIVITIES	RESOURCES	ASSESSMENTS and other COMMENTS
9.45am	<p>Prior to session</p> <ul style="list-style-type: none"> • Obtain Age Guide U12Surf Smart 2 • Check water safety with JAC 	<p>Age Booklet</p> <p>6 boards</p> <p>Hazard check sheet</p>	
9.45am	<p>OH&S and Attendance Information</p> <ul style="list-style-type: none"> • Check Roll • Check water safety • Check parent a club member • Remind Nippers of Sunscreen/hat/shirt • Ensure all Nippers have water bottles 	<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
	Lesson Start <i>(section heading)</i>		
10.00am	<ul style="list-style-type: none"> • Mark attendance • Ensure parents are attending info meeting • Check water bottles • Check Sunscreen/hat/shirt 		
10.05am	<ul style="list-style-type: none"> • Surf Ed # 2 with Tara Neal • Surf Safe 2 Lesson 5 • Game of volleyball/free swim till swim section ready 		
10.40am	<ul style="list-style-type: none"> • Swim Section with Ian Wood • Warm up • Basic introduction to surf swimming • What is a surf race • Where to swim • How to get through the waves • Practice body surfing 		
11.20am	<ul style="list-style-type: none"> • Basic beach #2 with Shane Whereat • The basic rules and techniques of beach sprinting and beach relay and flags • Skills shown include running technique/starts/finishes • Practice drills 		
12.00pm	<ul style="list-style-type: none"> • Finish • Mark roll • Remind parents of sunscreen/hat/shirt • Ask parents to be there at 9.45am next week 		