

SESSION PLAN

SESSION TITLE: Beach Under 8, 9, 10, 11 12 Nippers

SESSION NUMBER: 3

TOTAL HOURS FOR THIS SESSION : 3x40min VENUE: _____

TUTOR NAME: _____

<p>Target Group</p> <ul style="list-style-type: none"> • U8, 9, 10, 11, 12 Boys and Girls 			
<p>Learning Outcome</p> <ul style="list-style-type: none"> • Basic Beach Sprint Relay Rules • Reaffirm 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
<p>10.00am</p> <p>10.10am</p> <p>10.40am</p>	<p>Lesson Start <i>(section heading)</i></p> <ul style="list-style-type: none"> • Check water bottles • Check Sunscreen/hat/shirt <p>Game of red rover or tips to warm up</p> <ul style="list-style-type: none"> • Sit in shade and explain rules of beach area • 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 <ul style="list-style-type: none"> • Explain the distances of a beach sprint relay race (Course length 70m with 5m changeover area at each end) • No more than 10 teams per race in competition • 4 members per team, 2 at each end of the track • Moving before 'go' command is a considered a break or false start • Baton must be handed over behind changeover line/start finish line. • No part of body/hands to cross changeover line before baton has changed • Batons must be handed not thrown • Final runner finish is judged on chest over the line on their feet. <ul style="list-style-type: none"> • 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 • Changeovers should be two hand pick up at top of baton • If baton is dropped it can be picked up and race continues <ul style="list-style-type: none"> • Practice drills (run throughs of 15m practicing good technique) • Mini 15m - 25m relays <ul style="list-style-type: none"> • Practice chest forward finishes • Show correct technique • Mini 15m - 25m races • If time permits other drills can be added <ul style="list-style-type: none"> • Finish • Age Manager Mark roll 	<p>Age Manager</p>	

SESSION PLAN

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

SESSION NUMBER: 3

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 Relay Rules • Reaffirm 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 • 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 • Explain the distances of a beach sprint relay race (Course length 70m with 5m changeover area at each end) • No more than 10 teams per race in competition • 4 members per team, 2 at each end of the track • Moving before 'go' command is a considered a break or false start • Baton must be handed over behind changeover line/start finish line. • No part of body/hands to cross changeover line before baton has changed • Batons must be handed not thrown • Final runner finish is judged on chest over the line on their feet. • 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 • Changeovers should be two hand pick up at top of baton • If baton is dropped it can be picked up and race continues • 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 and swim Section - 10 Nippers

SESSION NUMBER: 3

TOTAL HOURS FOR THIS SESSION : 3x40min VENUE: _____

TUTOR NAME: _____

Target Group

- **U8, 9, 10, 11, 12 Boys and Girls**

Learning Outcome

- **Reaffirm Basic Board paddling technique**
- **Basic 'punch, pop & roll' skills**

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
10.00am	<p>Lesson Start <i>(section heading)</i></p> <ul style="list-style-type: none"> • Check water bottles • Check Sunscreen/hat/shirt 	Age Manager	
10.10am	<ul style="list-style-type: none"> • 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 • Recap week 1 • Show correct paddling technique long strokes, cup hands, quick pull through. • Feet and legs in circular motion • Explain and practice the 'Punch' technique • Paddle into small broken wave close to shore. • Head down and carry speed into wave. (Only good in waves that are about head height when lying down). • Once through the wave paddle hard to maintain speed. • Practice head down on the board in Canoe pool. • Explain and practice the 'Pop' technique • Used to go over waves up to about the same size as the paddler when sitting up. • Carry speed toward the wave. • When wave is 1m from front of board sit up and lean back, pulling up the back handles to raise the nose of the board. • As the wave passes under the board lean weight forward and place hand across board diagonally towards the front handles and push the nose down • When the wave is cleared resume fast paddling towards the next wave • Explain and practice the 'Roll' technique • Used to go under waves larger than the height of the paddler sitting up. • Most important thing is DO NOT LET GO OF THE BOARD! • Paddle towards the wave with speed. When wave is 1m away, lean forward and grab front handles. (One handle each hand) • Roll the board upside down, pull down and hang on tight. • When wave has passed over, roll the board back over and get on fast as you can and keep paddling 		
10.40am	<ul style="list-style-type: none"> • Finish • Age Manager Mark roll 		

SESSION PLAN

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

SESSION NUMBER: 3

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"> • Reaffirm Basic Surf start technique • Speed through the break • The Duck dive 			
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	
10.10am	<ul style="list-style-type: none"> • Warm up activity • 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 • Re-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 • 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 • Show and practice the duck dive for deeper water when swimming through the break • Swim with speed toward the broken wave. When wave is 1m away big breath and dive to the bottom of the sand and let the wave pass over. • Push off bottom with hands and feet to carry speed out of duck dive. Swim forward and repeat for other waves • Progressively move further out through the break into deeper water • 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: 3

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

TUTOR NAME: _____

<p>Target Group</p> <ul style="list-style-type: none"> • U6 Boys and Girls • U6 Parents and Helpers 			
<p>Learning Outcome</p> <ul style="list-style-type: none"> • Friend or Foe Surf Play Lesson # 3 • Parents and Nippers know age group restrictions (water play only in shallow water eg Canoe pool) • Basic board activities • Basic swim activities • 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 • 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 #3 		
10.45am	<ul style="list-style-type: none"> • Canoe pool basic board paddle • Recap bunny hop and paddle around parent standing in water • Explain the board race start. • Toes on or behind the start line • Call of 'face the water' then 'go' • Drag the board with the front handle to the water. When the water is deeper than the fin push board in front and begin bunny hop. • Progress from bunny hop to paddle. • Paddle around a parent/water safety person and then back into bunny hop then stand up and grab front handle of board and drag it back to where they started. 		
11.00am	<ul style="list-style-type: none"> • Basic Dolphin Dive • Let Nippers dolphin dive around in Canoe pool around a parent then back. • Encourage them to have their hands out in front and dive down to touch the bottom • Explain that we do this when the water is too deep to wade. • Ask questions about what when should they wade and when should they dolphin dive • Chase tennis balls or have a 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 		

SESSION PLAN

SESSION TITLE: Under 8 Nippers

SESSION NUMBER: 3

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"> • Basic board introduction • Basic beach activities #1 • Surf Ed #1 - Surf Aware Age Guide Lesson # 3 			
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
	Lesson Start <i>(section heading)</i>		
10.00am	<ul style="list-style-type: none"> • Mark attendance • Check water bottles • Check Sunscreen/hat/shirt 		
10.05am	<ul style="list-style-type: none"> • Board Section • Warm up • Basic introduction to board paddling • Basic board technique • Basic punch technique • Basic pop • The lay down paddle and stroke 		
10.40am	<ul style="list-style-type: none"> • Basic beach #1 • The basic rules and techniques of beach sprinting and beach relay • Skills shown include running technique/starts/finishes • Baton changeovers • Practice drills 		
11.20am	<ul style="list-style-type: none"> • Surf Ed #1 • Surf Aware 1 Lesson 3 • Game of tips/red rover to warm down 		
12.00pm	<ul style="list-style-type: none"> • Finish • Mark roll • Remind parents of sunscreen/hat/shirt 		

SESSION PLAN

SESSION TITLE: Under 9 Nippers

SESSION NUMBER: 4

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"> • Basic beach activities #1 • Surf Ed #1 - Surf Aware 2 Age Guide Lesson # 4 • 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 • Check water bottles • Check Sunscreen/hat/shirt 		
10.05am	<ul style="list-style-type: none"> • Basic beach #1 • The basic rules and techniques of beach sprinting and beach relay • Skills shown include running technique/starts/finishes • Baton changeovers • Practice drills 		
10.40am	<ul style="list-style-type: none"> • Surf Ed #1 • Surf Aware 2 Lesson 3 • Game of tips/red rover/free swim till board section ready 		
11.20am	<ul style="list-style-type: none"> • Board Section • Warm up • Basic introduction to board paddling • Basic board technique • Basic punch technique • Basic pop • The lay down paddle and stroke 		
12.00pm	<ul style="list-style-type: none"> • Finish • Mark roll • Remind parents of sunscreen/hat/shirt 		

SESSION PLAN

SESSION TITLE: Under 10 Nippers

SESSION NUMBER: 4

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"> • Basic beach activities #1 • Surf Ed #1 - Surf Safe 1 Age Guide Lesson # 4 • 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 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 • Check water bottles • Check Sunscreen/hat/shirt 		
10.05am	<ul style="list-style-type: none"> • Basic beach #1 • The basic rules and techniques of beach sprinting and beach relay • Skills shown include running technique/starts/finishes • Baton changeovers • Practice drills 		
10.40am	<ul style="list-style-type: none"> • Surf Ed #1 • Surf Safe 1 Lesson 3 • Game of tips/red rover/free swim till board section ready 		
11.20am	<ul style="list-style-type: none"> • Board Section • Warm up • Basic introduction to board paddling • Basic board technique • Basic punch technique • Basic pop • The lay down paddle and stroke 		
12.00pm	<ul style="list-style-type: none"> • Finish • Mark roll • Remind parents of sunscreen/hat/shirt 		

SESSION PLAN

SESSION TITLE: Under 11 Nippers

SESSION NUMBER: 4

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"> • Surf Ed #2 - Surf Safe 2 Age Guide Lesson # 4 • Basic board 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 • Check water bottles • Check Sunscreen/hat/shirt 		
10.05am	<ul style="list-style-type: none"> • Surf Ed #2 • Surf Safe 2 Lesson 4 • Game of volleyball/free swim 		
10.40am	<ul style="list-style-type: none"> • Board Section • Warm up • Basic introduction to board paddling • Basic board technique • Basic punch technique • Basic pop • The lay down paddle and stroke 		
11.20am	<ul style="list-style-type: none"> • Basic beach • The basic rules and techniques of beach sprinting and beach relay • Skills shown include running technique/starts/finishes • Baton changeovers • Practice drills 		
12.00pm	<ul style="list-style-type: none"> • Finish • Mark roll • Remind parents of sunscreen/hat/shirt 		

SESSION PLAN

SESSION TITLE: Under 12 Nippers

SESSION NUMBER: 4

TOTAL HOURS FOR THIS SESSION : 2Hrs VENUE: _____

TUTOR NAME: _____

<p>Target Group</p> <ul style="list-style-type: none"> • U12 Boys and Girls 			
<p>Learning Outcome</p> <ul style="list-style-type: none"> • Surf Ed #2 - Surf Safe 2 Age Guide Lesson # 4 • Basic board 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 U12 • 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 • Check water bottles • Check Sunscreen/hat/shirt 		
10.05am	<ul style="list-style-type: none"> • Surf Ed #2 • Surf Safe 2 Lesson 3 • Game of volleyball/free swim 		
10.40am	<ul style="list-style-type: none"> • Board Section • Warm up • Basic introduction to board paddling • Basic board technique • Basic punch technique • Basic pop • The lay down paddle and stroke 		
11.20am	<ul style="list-style-type: none"> • Basic beach • The basic rules and techniques of beach sprinting and beach relay • Skills shown include running technique/starts/finishes • Baton changeovers • Practice drills 		
12.00pm	<ul style="list-style-type: none"> • Finish • Mark roll • Remind parents of sunscreen/hat/shirt 		

SESSION PLAN

SESSION TITLE: Under 13 &14 Nippers

SESSION NUMBER: 3

TOTAL HOURS FOR THIS SESSION : 2Hrs VENUE: _____

TUTOR NAME: _____

Target Group

- **U13 & U14 Boys and Girls**

Learning Outcome

- **Basic beach activities #2**
- **Surf Ed #2 - Surf Smart 2 Age Guide Lesson # 3**
- **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 • Check water bottles • Check Sunscreen/hat/shirt 		
10.05am	<ul style="list-style-type: none"> • Surf Ed # 2 • Surf Safe 2 Lesson 1 • 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 • How to get through the waves • The duck dive • Dolphin diving • Practice body surfing 		
11.20am	<ul style="list-style-type: none"> • Basic beach #2 • The basic rules and techniques of beach sprinting and beach relay • Skills shown include running technique/starts/finishes • Baton changeovers • 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 1.45pm next week 		