

SESSION PLAN

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

SESSION NUMBER: 1

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>WH&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 		
10.15am	<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 		
10.40am	<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 		
	<ul style="list-style-type: none"> • Finish • Age Manager Mark roll 		