

# SESSION PLAN

SESSION TITLE: Beach #1 Under 11, 12 & 13/14 Nippers

SESSION NUMBER: 4

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 flags Rules</b></li> <li>• <b>Basic Beach flags technique</b></li> <li>• <b>Recap Beach Sprint techniques</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>• warm up - tips or red rover</li> </ul>   |             |                                |
| 10.10am | <ul style="list-style-type: none"> <li>• Sit in shade and explain rules of beach area</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 flags race (Course length 15m flags are 1.5m apart)</li> <li>• No more than 10 athletes per round in competition</li> <li>• Finish is to gain a flag</li> <li>• Moving before 'go' command is a considered a break or false start</li> <li>• Participants lie flat on the sand with toes on the start line and heels together. Hands are fingertips to wrists with one on top of the other. Head is up.</li> <li>• On command 'Heads Down' place chin on hands.</li> <li>• At whistle participants get to their feet and attempt to gain a flag. There is one less flag than competitors.</li> <li>• No deliberate impedance of another competitor is allowed.</li> <li>• The flag start turn is either a jump start or pivot turn</li> <li>• Push your body back towards the flags and rotate to face the flags at the same time</li> <li>• Keep your body low and tight throughout the turn</li> <li>• Practice drills (run throughs of 15m practicing good technique)</li> <li>• Practice 2 hand dive finishes</li> <li>• Show correct technique</li> <li>• Mini finishing drill/practice</li> <li>• If time permits other drills can be added and sprint techniques from week 1 can be reinforced.</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 #2 Under 8, 9, & 10 Nippers

SESSION NUMBER: 4

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 flags Rules</b></li> <li>• <b>Basic Beach flags technique</b></li> <li>• <b>Recap Beach Sprint techniques</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>• warm up - tips or red rover</li> </ul>   |             |                                |
| 10.10am | <ul style="list-style-type: none"> <li>• Sit in shade and explain rules of beach area</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 flags race (Course length 15m flags are 1.5m apart)</li> <li>• No more than 10 athletes per round in competition</li> <li>• Finish is to gain a flag</li> <li>• Moving before 'go' command is a considered a break or false start</li> <li>• Participants lie flat on the sand with toes on the start line and heels together. Hands are fingertips to wrists with one on top of the other. Head is up.</li> <li>• On command 'Heads Down' place chin on hands.</li> <li>• At whistle participants get to their feet and attempt to gain a flag. There is one less flag than competitors.</li> <li>• No deliberate impedance of another competitor is allowed.</li> <li>• The flag start turn is either a jump start or pivot turn</li> <li>• Push your body back towards the flags and rotate to face the flags at the same time</li> <li>• Keep your body low and tight throughout the turn</li> <li>• Practice drills (run throughs of 15m practicing good technique)</li> <li>• Practice 2 hand dive finishes</li> <li>• Show correct technique</li> <li>• Mini finishing drill/practice</li> <li>• If time permits other drills can be added and sprint techniques from week 1 can be reinforced.</li> </ul> |             |                                |
| 10.40am | <ul style="list-style-type: none"> <li>• Finish</li> <li>• Age Manager Mark roll</li> </ul>   |             |                                |

# SESSION PLAN

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

SESSION NUMBER: 4

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

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

| <p>Target Group</p> <ul style="list-style-type: none"> <li>• <b>U11, 12, 13 &amp; 14 Boys and Girls</b></li> </ul>  |   |   |   |
|---|---|---|---|
| <p>Learning Outcome</p> <ul style="list-style-type: none"> <li>• <b>Reaffirm Basic Board paddling technique</b></li> <li>• <b>Basic ‘punch, pop &amp; roll’ skills</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 |
|---------|---|-------------|--------------------------------|
| 10.00am | <p><b>Lesson Start</b> <i>(section heading)</i></p> <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>• 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>• Recap week 1</li> <li>• Show correct paddling technique long strokes, cup hands, quick pull through.</li> <li>• Feet and legs in circular motion</li> <li>• Explain and practice the 'Punch' technique</li> <li>• Paddle into small broken wave close to shore.</li> <li>• Head down and carry speed into wave. (Only good in waves that are about head height when lying down).</li> <li>• Once through the wave paddle hard to maintain speed.</li> <li>• Practice head down on the board in Canoe pool.</li> <li>• Explain and practice the 'Pop' technique</li> <li>• Used to go over waves up to about the same size as the paddler when sitting up.</li> <li>• Carry speed toward the wave.</li> <li>• 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.</li> <li>• 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</li> <li>• When the wave is cleared resume fast paddling towards the next wave</li> <li>• Explain and practice the 'Roll' technique</li> <li>• Used to go under waves larger than the height of the paddler sitting up.</li> <li>• Most important thing is DO NOT LET GO OF THE BOARD!</li> <li>• Paddle towards the wave with speed. When wave is 1m away, lean forward and grab front handles. (One handle each hand)</li> <li>• Roll the board upside down, pull down and hang on tight.</li> <li>• When wave has passed over, roll the board back over and get on fast as you can and keep paddling</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 8, 9, 10 Nippers

SESSION NUMBER: 4

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>Reaffirm Basic Surf start technique</b></li> <li>• <b>Speed through the break</b></li> <li>• <b>The Duck dive</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</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>• Re-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>• 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>• Show and practice the duck dive for deeper water when swimming through the break</li> <li>• 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.</li> <li>• Push off bottom with hands and feet to carry speed out of duck dive. Swim forward and repeat for other waves</li> <li>• Progressively move further out through the break into deeper water</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: 4

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

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

| <p>Target Group</p> <ul style="list-style-type: none"> <li>• U6 Boys and Girls</li> <li>• U6 Parents and Helpers</li> </ul>  |   |  |   |
|--|---|--|---|
| <p>Learning Outcome</p> <ul style="list-style-type: none"> <li>• Surf Play Lesson # 4</li> <li>• Parents and Nippers know age group restrictions (water play only in shallow water eg Canoe pool)</li> <li>• Basic flags race skills</li> <li>• Basic beach activities</li> <li>• Wade skills</li> </ul> |   |  |   |
| TIME   | LEARNING ACTIVITIES   | RESOURCES                                    | ASSESSMENTS and other COMMENTS  |
| 9.45am   | <p>Prior to session</p> <ul style="list-style-type: none"> <li>• Obtain Age Guide U6 Surf Play 1</li> <li>• Check water safety with JAC</li> </ul>  | <p>Age Booklet</p> <p>Hazard check sheet</p> |   |
| 9.45am   | <p>OH&amp;S and Attendance Information</p> <ul style="list-style-type: none"> <li>• Check Roll</li> <li>• Check water safety</li> <li>• Check parent a club member</li> <li>• Remind Nippers of Sunscreen/hat/shirt</li> <li>• Ensure all Nippers have water bottles</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>• Check water bottles</li> <li>• Check Sunscreen/hat/shirt</li> </ul>   |  |  |
| <b>10.10am</b> | <ul style="list-style-type: none"> <li>• Game of red rover or tips to warm up</li> </ul>  |  |  |
| <b>10.15am</b> | <ul style="list-style-type: none"> <li>• U6 Age guide booklet Surf Play lesson #4</li> </ul>  |  |  |
| <b>10.45am</b> | <ul style="list-style-type: none"> <li>• Basic flags</li> <li>• Participants lie flat on the sand with toes on the start line and heels together. Hands are fingertips to wrists with one on top of the other. Head is up.</li> <li>• On command 'Heads Down' place chin on hands.</li> <li>• At whistle participants get to their feet and attempt to gain a flag. There is one less flag than competitors.</li> <li>• The flag start turn is either a jump start or pivot turn</li> <li>• Push your body back towards the flags and rotate to face the flags at the same time</li> <li>• Keep your body low and tight throughout the turn</li> <li>• No deliberate impedance of another competitor is allowed.</li> </ul> |  |  |
| <b>11.00am</b> | <ul style="list-style-type: none"> <li>• Basic Beach Sprint technique</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 down the track</li> <li>• Mini Beach sprints around parents</li> <li>• Beach race relay kids vs parents.</li> <li>• Small wade skills to finish</li> <li>• Finish</li> <li>• Mark roll</li> <li>• Remind parents of sunscreen/hat/shirt</li> </ul>  |  |  |
| <b>11.20am</b> |   |  |  |

# SESSION PLAN

SESSION TITLE: Under 7 Nippers

SESSION NUMBER: 4

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

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

## Target Group

- U7 Boys and Girls
- U7 Parents and Helpers

## Learning Outcome

- Surf Play Lesson # 4
- Parents and Nippers know age group restrictions (water play only in shallow water eg Canoe pool)
- Basic flags race skills
- Reaffirm Basic board bunny hop
- Basic beach activities

| TIME   | LEARNING ACTIVITIES  | RESOURCES                                     | ASSESSMENTS and other COMMENTS   |
|--------|--|---|--|
| 9.45am | Prior to session <ul style="list-style-type: none"> <li>• Obtain Age Guide U7 Surf Play 1</li> <li>• Check Red/Yellow boards OK</li> <li>• Check water safety with JAC</li> </ul>  | Age Booklet<br>8 boards<br>Hazard check sheet |  |
| 9.45am | OH&S and Attendance Information <ul style="list-style-type: none"> <li>• Check Roll</li> <li>• Check water safety</li> <li>• Check parent a club member</li> <li>• Remind Nippers of Sunscreen/hat/shirt</li> <li>• Ensure all Nippers have water bottles</li> </ul> | Age Folder                                    | Ask group at start<br>Parents responsibility<br>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>• Check water bottles</li> <li>• Check Sunscreen/hat/shirt</li> </ul>   |           |                                |
| <b>10.10am</b> | <ul style="list-style-type: none"> <li>• Game of red rover or tips to warm up</li> </ul>  |           |                                |
| <b>10.15am</b> | <ul style="list-style-type: none"> <li>• U7 Age guide booklet Surf Play lesson #4</li> </ul>  |           |                                |
| <b>10.45am</b> | <ul style="list-style-type: none"> <li>• Basic flags</li> <li>• Participants lie flat on the sand with toes on the start line and heels together. Hands are fingertips to wrists with one on top of the other. Head is up.</li> <li>• On command 'Heads Down' place chin on hands.</li> <li>• At whistle participants get to their feet and attempt to gain a flag. There is one less flag than competitors.</li> <li>• The flag start turn is either a jump start or pivot turn</li> <li>• Push your body back towards the flags and rotate to face the flags at the same time</li> <li>• Keep your body low and tight throughout the turn</li> <li>• No deliberate impedance of another competitor is allowed.</li> </ul> |           |                                |
| <b>11.00am</b> | <ul style="list-style-type: none"> <li>• Canoe pool basic board paddle</li> <li>• Show nippers the basic bunny hop</li> <li>• Explain why we bunny hop through the shallow water. (Too deep to run but too shallow to paddle!)</li> <li>• 1 hand on each rail or edge of the board</li> <li>• jump like a rabbit pushing the board forward as you jump</li> <li>• Have bunny races around canoe pool see who can be the best bunny!</li> <li>• Bunny Hop relay</li> <li>• Paddle around the canoe pool to reinforce week 1 board session</li> <li>• More advanced nippers can bunny hop then jump on and paddle around parent standing in water</li> </ul>  |           |                                |
| <b>11.15am</b> | <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>  |           |                                |
| <b>11.20am</b> | <ul style="list-style-type: none"> <li>• Finish</li> <li>• Mark roll</li> <li>• Remind parents of sunscreen/hat/shirt</li> </ul>  |           |                                |

# SESSION PLAN

SESSION TITLE: Under 8 Nippers

SESSION NUMBER: 4

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 age group restrictions (water events only if proficient)</b></li> <li>• <b>Basic surf swim introduction</b></li> <li>• <b>Basic beach activities #2</b></li> <li>• <b>Surf Ed #2 - Surf Aware Age Guide Lesson # 4</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 water safety with JAC or water safety co-ordinator</b></li> </ul>   | <p>Age Booklet</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>• 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>• Basic wade</li> <li>• Dolphin diving technique</li> <li>• Duck Dive</li> <li>• What is it used for</li> <li>• Learn to body surf</li> </ul> |           |                                |
| <b>10.40am</b> | <ul style="list-style-type: none"> <li>• Basic beach #2</li> <li>• The basic rules and techniques of beach flags and beach sprint relays</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 Andrew Johnson</li> <li>• Surf Aware 1 Lesson 4</li> </ul>  |           |                                |
| <b>11.50am</b> | <ul style="list-style-type: none"> <li>• Game of tips/red rover to warm down</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 9 Nippers

SESSION NUMBER: 4

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 age group restrictions (water events only if proficient)</b></li> <li>• <b>Basic beach activities #2</b></li> <li>• <b>Surf Ed #1 - Surf Aware 2 Age Guide Lesson # 4</b></li> <li>• <b>Basic Surf swim 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 water safety with JAC or water safety co-ordinator</b></li> </ul>  | <p>Age Booklet</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>• Check water bottles</li> <li>• Check Sunscreen/hat/shirt</li> </ul>  |           |                                |
| <b>10.05am</b> | <ul style="list-style-type: none"> <li>• Warm Up</li> <li>• Basic beach #2 warm up</li> <li>• The basic rules and techniques of beach flags and sprinting.</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 Andrew Johnson</li> <li>• Surf Aware 2 Lesson 4</li> <br/> <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>• Swim Section with Ian Wood</li> <li>• Warm up</li> <li>• Basic introduction to surf swimming</li> <li>• Basic wade</li> <li>• Dolphin diving technique</li> <li>• Duck Dive</li> <li>• What is it used for</li> <li>• Learn to body surf</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: 4

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 #2 - Surf Safe 1 Age Guide Lesson # 4</b></li> <li>• <b>Basic surf swim 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 U10Surf Safe 1</b></li> <li>• <b>Check water safety with JAC</b></li> </ul>   | <p>Age Booklet</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>• Check water bottles</li> <li>• Check Sunscreen/hat/shirt</li> </ul>  |           |                                |
| 10.05am | <ul style="list-style-type: none"> <li>• Surf Ed #2 with Andrew Johnson</li> <li>• Surf Safe 1 Lesson 4</li> <br/> <li>• Game of tips/red rover/free swim till board section ready</li> </ul>  |           |                                |
| 10.40am | <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>• Basic wade</li> <li>• Dolphin diving technique</li> <li>• Duck Dive</li> <li>• What is it used for</li> <li>• Learn to body surf</li> </ul> |           |                                |
| 11.20am | <ul style="list-style-type: none"> <li>• Basic beach #2</li> <li>• The basic rules and techniques of beach flags and beach sprinting.</li> <li>• Skills shown include running technique/starts/finishes</li> <li>• Practice drills</li> </ul>  |           |                                |
| 12.00pm | <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: 4

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

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

Target Group

- **U11 Boys and Girls**

Learning Outcome

- **Parents and Nippers know age group restrictions (water events only if proficient)**
- **Basic Board paddling introduction**
- **Basic beach activities #1**
- **Surf Ed #1- Surf Safe 2 Age Guide Lesson # 4**

| TIME   | LEARNING ACTIVITIES   | RESOURCES                                     | ASSESSMENTS and other COMMENTS   |
|--------|---|---|--|
| 9.45am | Prior to session <ul style="list-style-type: none"> <li>• <b>Obtain Age Guide U11Surf Safe 2</b></li> <li>• <b>Fibre glass boards for experienced paddlers only. Foamies for others.</b></li> <li>• <b>Check water safety with JAC</b></li> </ul>   | Age Booklet<br>6 boards<br>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<br>Parents responsibility<br>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>• Check water bottles</li> <li>• Check Sunscreen/hat/shirt</li> </ul>  |           |                                |
| <b>10.05am</b> | <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> |           |                                |
| <b>10.40am</b> | <ul style="list-style-type: none"> <li>• Basic beach #1</li> <li>• The basic rules and techniques of beach flags and beach sprinting.</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>• Age Managers choice</li> <li>• Game of volleyball/free swim</li> <li>• Touch Footy</li> <li>• Red Rover</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: 4

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 #1**
- **Surf Ed #1 - Surf Smart 1 Age Guide Lesson # 4**
- **Basic Board paddling 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> <li>• <b>Fibre glass boards for experienced paddlers only. Foamies for others.</b></li> </ul>  | Age Booklet<br>6 boards<br>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<br>Parents responsibility<br>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>• Check water bottles</li> <li>• Check Sunscreen/hat/shirt</li> </ul>  |           |                                |
| <b>10.05am</b> | <ul style="list-style-type: none"> <li>• Basic beach #1 warm up</li> <li>• The basic rules and techniques of beach sprinting and beach 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>• Game of volleyball/free swim till swim section ready</li> <li>• Touch Footy</li> <li>• Red Rover</li> <li>• Age Managers choice</li> </ul>  |           |                                |
| <b>11.20am</b> | <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> |           |                                |
| <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: 4

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)**
- **Surf Ed #1 - Surf Smart 2 Age Guide Lesson # 4**
- **Basic Board paddling introduction**
- **Basic beach activities #1**

| TIME   | LEARNING ACTIVITIES   | RESOURCES                                     | ASSESSMENTS and other COMMENTS   |
|--------|---|---|--|
| 9.45am | Prior to session <ul style="list-style-type: none"> <li>• <b>Obtain Age Guide U13/14Surf Smart 2</b></li> <li>• <b>Fibre glass boards for experienced paddlers only. Foamies for others.</b></li> <li>• <b>Check water safety with JAC</b></li> </ul>   | Age Booklet<br>6 boards<br>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<br>Parents responsibility<br>Parents responsibility |

| TIME    | LEARNING ACTIVITIES  | RESOURCES | ASSESSMENTS and other COMMENTS |
|---------|--|-----------|--------------------------------|
|         | <b>Lesson Start</b> <i>(section heading)</i>   |           |                                |
| 10.00a  | <ul style="list-style-type: none"> <li>• Mark attendance</li> <li>• Check water bottles</li> <li>• Check Sunscreen/hat/shirt</li> </ul>  |           |                                |
| 10.05am | <ul style="list-style-type: none"> <li>• Age Managers choice</li> <li>• Game of volleyball/free swim till swim section ready</li> <li>• Touch Footy</li> <li>• Red rover</li> <li>• Visit Patrol shelter and talk to lifesavers</li> </ul>                         |           |                                |
| 10.40am | <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> |           |                                |
| 11.20am | <ul style="list-style-type: none"> <li>• Basic beach #1</li> <li>• The basic rules and techniques of beach sprinting and beach flags.</li> <li>• Skills shown include running technique/starts/finishes</li> <li>• Practice drills</li> </ul>                      |           |                                |
| 12.00pm | <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>  |           |                                |