Lesson Plan #3

Lesson type: confidence building

Level: child beginner

Previous learning: entering and moving around in the water

Lesson aim: to build and develop water confidence

Equipment: buoyancy aids, floating toys, sinkers, and watering cans

Exercise/Activity	Teaching Points	Organisation	Duration
Entry: swivel entry or using the pool steps	take your time	all together	1 min
Warm up: holding the poolside, bouncing up and down	slowly at first	all together	2 mins
walking through the water splashing the hands	big splashes	all together	3 mins
holding the poolside and blowing bubbles	let the bubbles tickle your nose	all together	2 mins
cupping water in hands pretending to wash the face	wash your face	all together	3 mins
sprinkling water over the head	wet your hands and wet your face	one by one	2 mins
holding the poolside and kicking the legs	splash your feet	waves	3 mins
blowing a toy across the water surface	deep breath and blow	waves	3 mins
Contrasting Activity: breath holding and submerging the mouth and nose	deep breath and hold it all in	waves	3 mins
submerging to collect an object	eyes open	one by one	3 mins
Exit: using the pool steps	take your time	one by one	1 min

Total time: 26 minutes

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AUSTSWIM Course Presenter's Kit, The Professional Lesson Plan Book Elaine Nmn Jones,2005-04-12 There is a better way for teachers to plan effectively have sufficient time to perform other important task and yet be productive in the matter of helping students reach their greatest potential and higher This gives teachers a sense of satisfaction that promotes an avenue of clear creative thinking that in it self minimizes stress and open a path of success that s second to none The professional Plan book offers sections for writing goals objectives and space for 45 weeks of lesson plans a substitute chart a daily schedule chart Seating Charts a Grade Book with enlarged spaces and other features Quarterly Test Data Charts to keep tract on how well your class is performing Homework charts enlarge type and more for easy access organization and documentation The Professional Lesson Plan Book is designed to replace unnecessay staff development sessions and workshops that take up valuable planning time teachers need for pre planning goals objectives and lesson plans at the beginning and throughout the school year It seriously requires full cooperation and support from the State School Board of Education Parents and other administrative departments to syncronize reasonable and effective rules for teachers to abide by and making a sincere effort to leave most of their professional time to teaching and addressing the needs of each student

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Table of Contents Austswim Lesson Plans Examples

- 1. Understanding the eBook Austswim Lesson Plans Examples
 - The Rise of Digital Reading Austswim Lesson Plans Examples
 - Advantages of eBooks Over Traditional Books
- 2. Identifying Austswim Lesson Plans Examples
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
- 3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Austswim Lesson Plans Examples
 - User-Friendly Interface
- 4. Exploring eBook Recommendations from Austswim Lesson Plans Examples
 - Personalized Recommendations
 - Austswim Lesson Plans Examples User Reviews and Ratings
 - Austswim Lesson Plans Examples and Bestseller Lists
- 5. Accessing Austswim Lesson Plans Examples Free and Paid eBooks
 - Austswim Lesson Plans Examples Public Domain eBooks
 - Austswim Lesson Plans Examples eBook Subscription Services
 - Austswim Lesson Plans Examples Budget-Friendly Options

- 6. Navigating Austswim Lesson Plans Examples eBook Formats
 - o ePub, PDF, MOBI, and More
 - Austswim Lesson Plans Examples Compatibility with Devices
 - Austswim Lesson Plans Examples Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Austswim Lesson Plans Examples
 - Highlighting and Note-Taking Austswim Lesson Plans Examples
 - Interactive Elements Austswim Lesson Plans Examples
- 8. Staying Engaged with Austswim Lesson Plans Examples
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Austswim Lesson Plans Examples
- 9. Balancing eBooks and Physical Books Austswim Lesson Plans Examples
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Austswim Lesson Plans Examples
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Austswim Lesson Plans Examples
 - Setting Reading Goals Austswim Lesson Plans Examples
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Austswim Lesson Plans Examples
 - Fact-Checking eBook Content of Austswim Lesson Plans Examples
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements

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