# 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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**Michael Brown** 

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Guidelines for the Preparation of Lesson Plans U.S. Army Engineer School, 1985 **AUSTSWIM Course** 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 Richard III Teacher **Lesson Plans** LessonCaps, 2013-04-10 Following Common Core Standards this lesson plan for William Shakespeare s Richard III is the perfect solution for teachers trying to get ideas for getting students excited about a book BookCaps lesson plans cover five days worth of material It includes a suggested reading schedule discussion questions essay topics homework assignments and suggested web resources **Lord of the Flies Lesson Plans** Novel Lesson Plans, 2019-04-16 This Lord Of The Flies unit plan contains a variety of teaching materials that cater to all learning styles Inside you ll find Daily Lesson Plans Projects and Student Activities A Final Test with Multiple Choice Questions Short Answer Questions Essay Questions Quizzes Homework Assignments and more The lessons and activities will help students gain a thorough understanding of the text while the tests and projects will help you evaluate how well the students have grasped the material Also listed are the Common Core Anchor Standards that are specifically connected to the unit plan As you may find the lessons touch upon many more strands of the Common Core the Anchor Standards listed are the ones directly addressed in the unit plan

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