

# SESSION PLAN

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

- **Basic Beach Sprint Relay Rules**
- **Reaffirm Basic Beach Sprint technique**

TIME	LEARNING ACTIVITIES	RESOURCES	ASSESSMENTS and other COMMENTS
9.45am	Prior to session <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>	Event calendar  flags  Hazard check sheet	
10.00am	OH&S and Attendance Information <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>		Ask group at start  Parents responsibility  Parents responsibility

TIME	LEARNING ACTIVITIES	RESOURCES	ASSESSMENTS and other COMMENTS
<p><b>10.00am</b></p> <p><b>10.10am</b></p> <p><b>10.40am</b></p>	<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> <li>• Game of red rover or tips to warm up</li> <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> <li>• Explain the distances of a beach sprint relay race (Course length 70m with 5m changeover area at each end)</li> <li>• No more than 10 teams per race in competition</li> <li>• 4 members per team, 2 at each end of the track</li> <li>• Moving before 'go' command is a considered a break or false start</li> <li>• Baton must be handed over behind changeover line/start finish line.</li> <li>• No part of body/hands to cross changeover line before baton has changed</li> <li>• Batons must be handed not thrown</li> <li>• Final runner finish is judged on chest over the line on their feet.</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 to 40m down the track</li> <li>• Changeovers should be two hand pick up at top of baton</li> <li>• If baton is dropped it can be picked up and race continues</li> <li>• Practice drills (run throughs of 15m practicing good technique)</li> <li>• Mini 15m - 25m relays</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> <li>• Finish</li> <li>• Age Manager Mark roll</li> </ul>	<p><b>Age Manager</b></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"> <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 Sprint Relay Rules</b></li> <li>• <b>Reaffirm Basic Beach Sprint technique</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	
10.10am	<ul style="list-style-type: none"> <li>• Game of red rover or tips to warm up</li> <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> <li>• Explain the distances of a beach sprint relay race (Course length 70m with 5m changeover area at each end)</li> <li>• No more than 10 teams per race in competition</li> <li>• 4 members per team, 2 at each end of the track</li> <li>• Moving before 'go' command is a considered a break or false start</li> <li>• Baton must be handed over behind changeover line/start finish line.</li> <li>• No part of body/hands to cross changeover line before baton has changed</li> <li>• Batons must be handed not thrown</li> <li>• Final runner finish is judged on chest over the line on their feet.</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 to 40m down the track</li> <li>• Changeovers should be two hand pick up at top of baton</li> <li>• If baton is dropped it can be picked up and race continues</li> <li>• Practice drills (run throughs of 15m practicing good technique)</li> <li>• Mini 15m - 25m relays</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: 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"> <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 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"> <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>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: 3

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>• Friend or Foe Surf Play Lesson # 3</li> <li>• Parents and Nippers know age group restrictions (water play only in shallow water eg Canoe pool)</li> <li>• Basic board activities</li> <li>• Basic swim activities</li> <li>• Basic beach activities</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 Red/Yellow boards OK</li> <li>• Check water safety with JAC</li> </ul>	<p>Age Booklet</p> <p>6 boards</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>		
10.00am	<ul style="list-style-type: none"> <li>• Mark attendance</li> <li>• Check water bottles</li> <li>• Check Sunscreen/hat/shirt</li> </ul>		
10.10am	<ul style="list-style-type: none"> <li>• Game of red rover or tips to warm up</li> </ul>		
10.15am	<ul style="list-style-type: none"> <li>• U6 Age guide booklet Surf Play lesson #3</li> </ul>		
10.45am	<ul style="list-style-type: none"> <li>• Canoe pool basic board paddle</li> <li>• Recap bunny hop and paddle around parent standing in water</li> <li>• Explain the board race start.</li> <li>• Toes on or behind the start line</li> <li>• Call of 'face the water' then 'go'</li> <li>• 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.</li> <li>• Progress from bunny hop to paddle.</li> <li>• 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.</li> </ul>		
11.00am	<ul style="list-style-type: none"> <li>• Basic Dolphin Dive</li> <li>• Let Nippers dolphin dive around in Canoe pool around a parent then back.</li> <li>• Encourage them to have their hands out in front and dive down to touch the bottom</li> <li>• Explain that we do this when the water is too deep to wade.</li> <li>• Ask questions about what when should they wade and when should they dolphin dive</li> <li>• Chase tennis balls or have a relay.</li> </ul>		
11.15am	<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>		
11.20am	<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: 3

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

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

Target Group

- **U8 Boys and Girls**

Learning Outcome

- **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	Prior to session <ul style="list-style-type: none"> <li>• <b>Obtain Age Guide U8 Surf Aware</b></li> <li>• <b>Check foamie boards OK</b></li> <li>• <b>Check water safety with JAC</b></li> </ul>	Age Booklet 6 boards 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 Parents responsibility Parents responsibility

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>• Board Section</li> <li>• Warm up</li> <li>• Basic introduction to board paddling</li> <li>• Basic board technique</li> <li>• Basic punch technique</li> <li>• Basic pop</li> <li>• The lay down paddle and stroke</li> </ul>		
10.40am	<ul style="list-style-type: none"> <li>• Basic beach #1</li> <li>• The basic rules and techniques of beach sprinting and beach relay</li> <li>• Skills shown include running technique/starts/finishes</li> <li>• Baton changeovers</li> <li>• Practice drills</li> </ul>		
11.20am	<ul style="list-style-type: none"> <li>• Surf Ed #1</li> <li>• Surf Aware 1 Lesson 3</li>   <li>• Game of tips/red rover to warm down</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> </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>Basic beach activities #1</b></li> <li>• <b>Surf Ed #1 - Surf Aware 2 Age Guide Lesson # 4</b></li> <li>• <b>Basic board 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 foamie boards OK</b></li> <li>• <b>Check water safety with JAC</b></li> </ul>	<p>Age Booklet</p> <p>6 boards</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>• Basic beach #1</li> <li>• The basic rules and techniques of beach sprinting and beach relay</li> <li>• Skills shown include running technique/starts/finishes</li> <li>• Baton changeovers</li> <li>• Practice drills</li> </ul>		
10.40am	<ul style="list-style-type: none"> <li>• Surf Ed #1</li> <li>• Surf Aware 2 Lesson 3</li>   <li>• Game of tips/red rover/free swim till board section ready</li> </ul>		
11.20am	<ul style="list-style-type: none"> <li>• Board Section</li> <li>• Warm up</li> <li>• Basic introduction to board paddling</li> <li>• Basic board technique</li> <li>• Basic punch technique</li> <li>• Basic pop</li> <li>• The lay down paddle and stroke</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> </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>Basic beach activities #1</b></li> <li>• <b>Surf Ed #1 - Surf Safe 1 Age Guide Lesson # 4</b></li> <li>• <b>Basic board 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 U10Surf Safe 1</b></li> <li>• <b>Check foamie boards OK</b></li> <li>• <b>Check water safety with JAC</b></li> </ul>	<p>Age Booklet</p> <p>6 boards</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>• Basic beach #1</li> <li>• The basic rules and techniques of beach sprinting and beach relay</li> <li>• Skills shown include running technique/starts/finishes</li> <li>• Baton changeovers</li> <li>• Practice drills</li> </ul>		
<b>10.40am</b>	<ul style="list-style-type: none"> <li>• Surf Ed #1</li> <li>• Surf Safe 1 Lesson 3</li>   <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>• Board Section</li> <li>• Warm up</li> <li>• Basic introduction to board paddling</li> <li>• Basic board technique</li> <li>• Basic punch technique</li> <li>• Basic pop</li> <li>• The lay down paddle and stroke</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> </ul>		



# 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"> <li>• <b>U11 Boys and Girls</b></li> </ul>			
<p>Learning Outcome</p> <ul style="list-style-type: none"> <li>• <b>Surf Ed #2 - Surf Safe 2 Age Guide Lesson # 4</b></li> <li>• <b>Basic board 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 U11Surf Safe 2</b></li> <li>• <b>Check water safety with JAC</b></li> </ul>	<p>Age Booklet</p> <p>6 boards</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</li> <li>• Surf Safe 2 Lesson 4</li>   <li>• Game of volleyball/free swim</li> </ul>		
10.40am	<ul style="list-style-type: none"> <li>• Board Section</li> <li>• Warm up</li> <li>• Basic introduction to board paddling</li> <li>• Basic board technique</li> <li>• Basic punch technique</li> <li>• Basic pop</li> <li>• The lay down paddle and stroke</li> </ul>		
11.20am	<ul style="list-style-type: none"> <li>• Basic beach</li> <li>• The basic rules and techniques of beach sprinting and beach relay</li> <li>• Skills shown include running technique/starts/finishes</li> <li>• Baton changeovers</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> </ul>		

# 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"> <li>• <b>U12 Boys and Girls</b></li> </ul>			
<p>Learning Outcome</p> <ul style="list-style-type: none"> <li>• <b>Surf Ed #2 - Surf Safe 2 Age Guide Lesson # 4</b></li> <li>• <b>Basic board 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 U12</b></li> <li>• <b>Check water safety with JAC</b></li> </ul>	<p>Age Booklet</p> <p>6 boards</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>• Surf Ed #2</li> <li>• Surf Safe 2 Lesson 3</li>   <li>• Game of volleyball/free swim</li> </ul>		
<b>10.40am</b>	<ul style="list-style-type: none"> <li>• Board Section</li> <li>• Warm up</li> <li>• Basic introduction to board paddling</li> <li>• Basic board technique</li> <li>• Basic punch technique</li> <li>• Basic pop</li> <li>• The lay down paddle and stroke</li> </ul>		
<b>11.20am</b>	<ul style="list-style-type: none"> <li>• Basic beach</li> <li>• The basic rules and techniques of beach sprinting and beach relay</li> <li>• Skills shown include running technique/starts/finishes</li> <li>• Baton changeovers</li> <li>• Practice drills</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> </ul>		

# 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"> <li>• <b>Obtain Age Guide U12Surf Smart 2</b></li> <li>• <b>Check water safety with JAC</b></li> </ul>	<p>Age Booklet</p> <p>6 boards</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</li> <li>• Surf Safe 2 Lesson 1</li>   <li>• Game of volleyball/free swim till swim 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>• How to get through the waves</li> <li>• The duck dive</li> <li>• Dolphin diving</li> <li>• Practice body surfing</li> </ul>		
11.20am	<ul style="list-style-type: none"> <li>• Basic beach #2</li> <li>• The basic rules and techniques of beach sprinting and beach relay</li> <li>• Skills shown include running technique/starts/finishes</li> <li>• Baton changeovers</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 1.45pm next week</li> </ul>		