

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"> • U11, 12 & 13/14 Boys and Girls 			
<p>Learning Outcome</p> <ul style="list-style-type: none"> • Basic Beach flags Rules • Basic Beach flags technique • Recap Beach Sprint techniques 			
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>OH&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	
	<ul style="list-style-type: none"> • warm up - tips or red rover 		
10.10am	<ul style="list-style-type: none"> • Sit in shade and explain rules of beach area • 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 		
10.15am	<ul style="list-style-type: none"> • Explain the distances of a beach flags race (Course length 15m flags are 1.5m apart) • No more than 10 athletes per round in competition • Finish is to gain a flag • Moving before 'go' command is a considered a break or false start • 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. • On command 'Heads Down' place chin on hands. • At whistle participants get to their feet and attempt to gain a flag. There is one less flag than competitors. • No deliberate impedance of another competitor is allowed. • The flag start turn is either a jump start or pivot turn • Push your body back towards the flags and rotate to face the flags at the same time • Keep your body low and tight throughout the turn • Practice drills (run throughs of 15m practicing good technique) • Practice 2 hand dive finishes • Show correct technique • Mini finishing drill/practice • If time permits other drills can be added and sprint techniques from week 1 can be reinforced. 		
10.40am	<ul style="list-style-type: none"> • Finish • Age Manager Mark roll 		

SESSION PLAN

SESSION TITLE: Beach #2 Under 8, 9, & 10 Nippers

SESSION NUMBER: 4

TOTAL HOURS FOR THIS SESSION : 3x40min VENUE: _____

TUTOR NAME: _____

Target Group

- **U8, 9 & 10 Boys and Girls**

Learning Outcome

- **Basic Beach flags Rules**
- **Basic Beach flags technique**
- **Recap Beach Sprint techniques**

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>OH&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	
	<ul style="list-style-type: none"> • warm up - tips or red rover 		
10.10am	<ul style="list-style-type: none"> • Sit in shade and explain rules of beach area • 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 		
10.15am	<ul style="list-style-type: none"> • Explain the distances of a beach flags race (Course length 15m flags are 1.5m apart) • No more than 10 athletes per round in competition • Finish is to gain a flag • Moving before 'go' command is a considered a break or false start • 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. • On command 'Heads Down' place chin on hands. • At whistle participants get to their feet and attempt to gain a flag. There is one less flag than competitors. • No deliberate impedance of another competitor is allowed. • The flag start turn is either a jump start or pivot turn • Push your body back towards the flags and rotate to face the flags at the same time • Keep your body low and tight throughout the turn • Practice drills (run throughs of 15m practicing good technique) • Practice 2 hand dive finishes • Show correct technique • Mini finishing drill/practice • If time permits other drills can be added and sprint techniques from week 1 can be reinforced. 		
10.40am	<ul style="list-style-type: none"> • Finish • Age Manager Mark roll 		

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"> • U11, 12, 13 & 14 Boys and Girls 			
<p>Learning Outcome</p> <ul style="list-style-type: none"> • 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"> • Check program of Age Groups • Check water safety available • Check Hazard check with JAC 	<p>Event calendar</p> <p>Hazard check sheet</p>	
10.00am	<p>OH&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
10.00am	<p>Lesson Start <i>(section heading)</i></p> <ul style="list-style-type: none"> • Check water bottles • Check Sunscreen/hat/shirt 	Age Manager	
10.10am	<ul style="list-style-type: none"> • 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 • Recap week 1 • Show correct paddling technique long strokes, cup hands, quick pull through. • Feet and legs in circular motion • Explain and practice the 'Punch' technique • Paddle into small broken wave close to shore. • Head down and carry speed into wave. (Only good in waves that are about head height when lying down). • Once through the wave paddle hard to maintain speed. • Practice head down on the board in Canoe pool. • Explain and practice the 'Pop' technique • Used to go over waves up to about the same size as the paddler when sitting up. • Carry speed toward the wave. • 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. • 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 • When the wave is cleared resume fast paddling towards the next wave • Explain and practice the 'Roll' technique • Used to go under waves larger than the height of the paddler sitting up. • Most important thing is DO NOT LET GO OF THE BOARD! • Paddle towards the wave with speed. When wave is 1m away, lean forward and grab front handles. (One handle each hand) • Roll the board upside down, pull down and hang on tight. • When wave has passed over, roll the board back over and get on fast as you can and keep paddling 		
10.40am	<ul style="list-style-type: none"> • Finish • Age Manager Mark roll 		

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"> • U8, 9 &10 Boys and Girls 			
<p>Learning Outcome</p> <ul style="list-style-type: none"> • Reaffirm Basic Surf start technique • Speed through the break • The Duck dive 			
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 water safety available • Check Hazard check with JAC 	<p>Event calendar</p> <p>Hazard check sheet</p>	
10.00am	<p>OH&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"> • Warm up activity • 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 • Re-explain the distances of a surf race (Course length minimum 288m U11-U14) • Full set of swim buoys • Whistle start • No more than 32 athletes per race in competition • Participants must go around outside of turning buoys swimming from left to right • Starts - take note of water depth and carry speed from run into wade • Wading technique explained. High knees/ thighs to clear water. Wide arm swing for balance and to drive legs into dolphin dive • Practice starts/races around close can or water safety person 25m out • Show and practice the duck dive for deeper water when swimming through the break • 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. • Push off bottom with hands and feet to carry speed out of duck dive. Swim forward and repeat for other waves • Progressively move further out through the break into deeper water • Body surf practice, into dolphin dive, into wade, into finish • Practice chest forward finishes • Show correct technique • Mini 15m - 25m races • If time permits other drills can be added 		
10.40am	<ul style="list-style-type: none"> • Finish • Age Manager Mark roll 		

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"> • U6 Boys and Girls • U6 Parents and Helpers

<p>Learning Outcome</p> <ul style="list-style-type: none"> • Surf Play Lesson # 4 • Parents and Nippers know age group restrictions (water play only in shallow water eg Canoe pool) • Basic flags race skills • Basic beach activities • Wade skills

TIME	LEARNING ACTIVITIES	RESOURCES	ASSESSMENTS and other COMMENTS
9.45am	<p>Prior to session</p> <ul style="list-style-type: none"> • Obtain Age Guide U6 Surf Play 1 • Check water safety with JAC 	<p>Age Booklet</p> <p>Hazard check sheet</p>	
9.45am	<p>OH&S and Attendance Information</p> <ul style="list-style-type: none"> • Check Roll • Check water safety • Check parent a club member • Remind Nippers of Sunscreen/hat/shirt • Ensure all Nippers have water bottles 	<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
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	Lesson Start <i>(section heading)</i>		
10.00am	<ul style="list-style-type: none"> • Mark attendance • Check water bottles • Check Sunscreen/hat/shirt 		
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"> • U6 Age guide booklet Surf Play lesson #4 		
10.45am	<ul style="list-style-type: none"> • Basic flags • 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. • On command 'Heads Down' place chin on hands. • At whistle participants get to their feet and attempt to gain a flag. There is one less flag than competitors. • The flag start turn is either a jump start or pivot turn • Push your body back towards the flags and rotate to face the flags at the same time • Keep your body low and tight throughout the turn • No deliberate impedance of another competitor is allowed. 		
11.00am	<ul style="list-style-type: none"> • Basic Beach Sprint technique • 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 down the track • Mini Beach sprints around parents • Beach race relay kids vs parents. • Small wade skills to finish • Finish • Mark roll • Remind parents of sunscreen/hat/shirt 		
11.20am			

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"> • Obtain Age Guide U7 Surf Play 1 • Check Red/Yellow boards OK • Check water safety with JAC 	Age Booklet 8 boards Hazard check sheet	
9.45am	OH&S and Attendance Information <ul style="list-style-type: none"> • Check Roll • Check water safety • Check parent a club member • Remind Nippers of Sunscreen/hat/shirt • Ensure all Nippers have water bottles 	Age Folder	Ask group at start Parents responsibility Parents responsibility

TIME	LEARNING ACTIVITIES	RESOURCES	ASSESSMENTS and other COMMENTS
	Lesson Start <i>(section heading)</i>		
10.00am	<ul style="list-style-type: none"> • Mark attendance • Check water bottles • Check Sunscreen/hat/shirt 		
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"> • U7 Age guide booklet Surf Play lesson #4 		
10.45am	<ul style="list-style-type: none"> • Basic flags • 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. • On command 'Heads Down' place chin on hands. • At whistle participants get to their feet and attempt to gain a flag. There is one less flag than competitors. • The flag start turn is either a jump start or pivot turn • Push your body back towards the flags and rotate to face the flags at the same time • Keep your body low and tight throughout the turn • No deliberate impedence of another competitor is allowed. 		
11.00am	<ul style="list-style-type: none"> • Canoe pool basic board paddle • Show nippers the basic bunny hop • Explain why we bunny hop through the shallow water. (Too deep to run but too shallow to paddle!) • 1 hand on each rail or edge of the board • jump like a rabbit pushing the board forward as you jump • Have bunny races around canoe pool see who can be the best bunny! • Bunny Hop relay • Paddle around the canoe pool to reinforce week 1 board session • More advanced nippers can bunny hop then jump on and paddle around parent standing in water 		
11.15am	<ul style="list-style-type: none"> • Depending on time beach race relay kids vs parents. • Game of tips/red rover to warm down 		
11.20am	<ul style="list-style-type: none"> • Finish • Mark roll • Remind parents of sunscreen/hat/shirt 		

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"> • U8 Boys and Girls 			
<p>Learning Outcome</p> <ul style="list-style-type: none"> • Parents and Nippers know age group restrictions (water events only if proficient) • Basic surf swim introduction • Basic beach activities #2 • Surf Ed #2 - Surf Aware Age Guide Lesson # 4 			
TIME	LEARNING ACTIVITIES	RESOURCES	ASSESSMENTS and other COMMENTS
9.45am	<p>Prior to session</p> <ul style="list-style-type: none"> • Obtain Age Guide U8 Surf Aware • Check water safety with JAC or water safety co-ordinator 	<p>Age Booklet</p> <p>Hazard check sheet</p>	
9.45am	<p>OH&S and Attendance Information</p> <ul style="list-style-type: none"> • Check Roll • Check water safety • Check parent a club member • Remind Nippers of Sunscreen/hat/shirt • Ensure all Nippers have water bottles 	<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
	Lesson Start <i>(section heading)</i>		
10.00am	<ul style="list-style-type: none"> • Mark attendance • Check water bottles • Check Sunscreen/hat/shirt 		
10.05am	<ul style="list-style-type: none"> • Swim Section with Ian Wood • Warm up • Basic introduction to surf swimming • Basic wade • Dolphin diving technique • Duck Dive • What is it used for • Learn to body surf 		
10.40am	<ul style="list-style-type: none"> • Basic beach #2 • The basic rules and techniques of beach flags and beach sprint relays • Skills shown include running technique/starts/finishes • Practice drills 		
11.20am	<ul style="list-style-type: none"> • Surf Ed #2 with Andrew Johnson • Surf Aware 1 Lesson 4 		
11.50am	<ul style="list-style-type: none"> • Game of tips/red rover to warm down 		
12.00pm	<ul style="list-style-type: none"> • Finish • Mark roll • Remind parents of sunscreen/hat/shirt • Ask parents to be there at 9.45am next week 		

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"> • U9 Boys and Girls 			
<p>Learning Outcome</p> <ul style="list-style-type: none"> • Parents and Nippers know age group restrictions (water events only if proficient) • Basic beach activities #2 • Surf Ed #1 - Surf Aware 2 Age Guide Lesson # 4 • Basic Surf swim introduction 			
TIME	LEARNING ACTIVITIES	RESOURCES	ASSESSMENTS and other COMMENTS
9.45am	<p>Prior to session</p> <ul style="list-style-type: none"> • Obtain Age Guide U9Surf Aware • Check water safety with JAC or water safety co-ordinator 	<p>Age Booklet</p> <p>Hazard check sheet</p>	
9.45am	<p>OH&S and Attendance Information</p> <ul style="list-style-type: none"> • Check Roll • Check water safety • Check parent a club member • Remind Nippers of Sunscreen/hat/shirt • Ensure all Nippers have water bottles 	<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
	Lesson Start <i>(section heading)</i>		
10.00am	<ul style="list-style-type: none"> • Mark attendance • Check water bottles • Check Sunscreen/hat/shirt 		
10.05am	<ul style="list-style-type: none"> • Warm Up • Basic beach #2 warm up • The basic rules and techniques of beach flags and sprinting. • Skills shown include running technique/starts/finishes • Practice drills 		
10.40am	<ul style="list-style-type: none"> • Surf Ed #2 with Andrew Johnson • Surf Aware 2 Lesson 4 • Game of tips/red rover/free swim till board section ready 		
11.20am	<ul style="list-style-type: none"> • Swim Section with Ian Wood • Warm up • Basic introduction to surf swimming • Basic wade • Dolphin diving technique • Duck Dive • What is it used for • Learn to body surf 		
12.00pm	<ul style="list-style-type: none"> • Finish • Mark roll • Remind parents of sunscreen/hat/shirt • Ask parents to be there at 9.45am next week 		

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"> • U10 Boys and Girls 			
<p>Learning Outcome</p> <ul style="list-style-type: none"> • Parents and Nippers know age group restrictions (water events only if proficient) • Surf Ed #2 - Surf Safe 1 Age Guide Lesson # 4 • Basic surf swim introduction • Basic beach activities #2 			
TIME	LEARNING ACTIVITIES	RESOURCES	ASSESSMENTS and other COMMENTS
9.45am	<p>Prior to session</p> <ul style="list-style-type: none"> • Obtain Age Guide U10Surf Safe 1 • Check water safety with JAC 	<p>Age Booklet</p> <p>Hazard check sheet</p>	
9.45am	<p>OH&S and Attendance Information</p> <ul style="list-style-type: none"> • Check Roll • Check water safety • Check parent a club member • Remind Nippers of Sunscreen/hat/shirt • Ensure all Nippers have water bottles 	<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
	Lesson Start <i>(section heading)</i>		
10.00am	<ul style="list-style-type: none"> • Mark attendance • Check water bottles • Check Sunscreen/hat/shirt 		
10.05am	<ul style="list-style-type: none"> • Surf Ed #2 with Andrew Johnson • Surf Safe 1 Lesson 4 • Game of tips/red rover/free swim till board section ready 		
10.40am	<ul style="list-style-type: none"> • Swim Section with Ian Wood • Warm up • Basic introduction to surf swimming • Basic wade • Dolphin diving technique • Duck Dive • What is it used for • Learn to body surf 		
11.20am	<ul style="list-style-type: none"> • Basic beach #2 • The basic rules and techniques of beach flags and beach sprinting. • Skills shown include running technique/starts/finishes • Practice drills 		
12.00pm	<ul style="list-style-type: none"> • Finish • Mark roll • Remind parents of sunscreen/hat/shirt • Ask parents to be there at 9.45am next week 		

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"> • Obtain Age Guide U11Surf Safe 2 • Fibre glass boards for experienced paddlers only. Foamies for others. • Check water safety with JAC 	Age Booklet 6 boards Hazard check sheet	
9.45am	OH&S and Attendance Information <ul style="list-style-type: none"> • Check Roll • Check water safety • Check parent a club member • Remind Nippers of Sunscreen/hat/shirt • Ensure all Nippers have water bottles 	Age Folder	Ask group at start Parents responsibility Parents responsibility

TIME	LEARNING ACTIVITIES	RESOURCES	ASSESSMENTS and other COMMENTS
	Lesson Start <i>(section heading)</i>		
10.00am	<ul style="list-style-type: none"> • Mark attendance • Check water bottles • Check Sunscreen/hat/shirt 		
10.05am	<ul style="list-style-type: none"> • Board Section with Gavin Johns • Warm up • Basic introduction to board paddling • Basic board technique • The lay down paddle and stroke • Pop and Roll technique 		
10.40am	<ul style="list-style-type: none"> • Basic beach #1 • The basic rules and techniques of beach flags and beach sprinting. • Skills shown include running technique/starts/finishes • Practice drills 		
11.20am	<ul style="list-style-type: none"> • Age Managers choice • Game of volleyball/free swim • Touch Footy • Red Rover 		
12.00pm	<ul style="list-style-type: none"> • Finish • Mark roll • Remind parents of sunscreen/hat/shirt • Ask parents to be there at 9.45am next week 		

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"> • Obtain Age Guide U12Surf Smart 1 • Check water safety with JAC • Fibre glass boards for experienced paddlers only. Foamies for others. 	Age Booklet 6 boards Hazard check sheet	
9.45am	OH&S and Attendance Information <ul style="list-style-type: none"> • Check Roll • Check water safety • Check parent a club member • Remind Nippers of Sunscreen/hat/shirt • Ensure all Nippers have water bottles 	Age Folder	Ask group at start Parents responsibility Parents responsibility

TIME	LEARNING ACTIVITIES	RESOURCES	ASSESSMENTS and other COMMENTS
	Lesson Start <i>(section heading)</i>		
10.00am	<ul style="list-style-type: none"> • Mark attendance • Check water bottles • Check Sunscreen/hat/shirt 		
10.05am	<ul style="list-style-type: none"> • Basic beach #1 warm up • The basic rules and techniques of beach sprinting and beach flags. • Skills shown include running technique/starts/finishes • Practice drills 		
10.40am	<ul style="list-style-type: none"> • Game of volleyball/free swim till swim section ready • Touch Footy • Red Rover • Age Managers choice 		
11.20am	<ul style="list-style-type: none"> • Board Section with Gavin Johns • Warm up • Basic introduction to board paddling • Basic board technique • The lay down paddle and stroke • Pop and Roll technique 		
12.00pm	<ul style="list-style-type: none"> • Finish • Mark roll • Remind parents of sunscreen/hat/shirt • Ask parents to be there at 9.45am next week 		

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"> • Obtain Age Guide U13/14Surf Smart 2 • Fibre glass boards for experienced paddlers only. Foamies for others. • Check water safety with JAC 	Age Booklet 6 boards Hazard check sheet	
9.45am	OH&S and Attendance Information <ul style="list-style-type: none"> • Check Roll • Check water safety • Check parent a club member • Remind Nippers of Sunscreen/hat/shirt • Ensure all Nippers have water bottles 	Age Folder	Ask group at start Parents responsibility Parents responsibility

TIME	LEARNING ACTIVITIES	RESOURCES	ASSESSMENTS and other COMMENTS
	Lesson Start <i>(section heading)</i>		
10.00a	<ul style="list-style-type: none"> • Mark attendance • Check water bottles • Check Sunscreen/hat/shirt 		
10.05am	<ul style="list-style-type: none"> • Age Managers choice • Game of volleyball/free swim till swim section ready • Touch Footy • Red rover • Visit Patrol shelter and talk to lifesavers 		
10.40am	<ul style="list-style-type: none"> • Board Section with Gavin Johns • Warm up • Basic introduction to board paddling • Basic board technique • The lay down paddle and stroke • Pop and roll technique 		
11.20am	<ul style="list-style-type: none"> • Basic beach #1 • The basic rules and techniques of beach sprinting and beach flags. • Skills shown include running technique/starts/finishes • Practice drills 		
12.00pm	<ul style="list-style-type: none"> • Finish • Mark roll • Remind parents of sunscreen/hat/shirt • Ask parents to be there at 9.45am next week 		