

ESF Sports Camp

Wet Sessions Lesson Outline

Aims:

- To motivate student's interest in Water Sports
- To develop social skills with water activities
- To build water lifesaving knowledge

Session Time:

40 minutes

Coaches and Students ratio:

- For SC1: Maximum 1 to 6
- For SC2: Maximum 1 to 8
- For SC3: Maximum 1 to 10

*Will based on the students' swimming abilities assign the number of assistants

Group - SC1

Learning Outcome:

- To develop water confidence in a safe environment
- To establish a sense of water safety
- To be confident in floating with any assist

Day 1	Day 2	Day 3	Day 4	Day 5
<p>Warm Welcome Introduction Class Guidelines</p> <p>Water Test Ensure students' abilities</p> <p>Activities -Obstacle Exercise -Treasure Hunt -Floating (Float and Back) introduction w/ objects</p>	<p>Warm Welcome Introduce the ways to get in the water</p> <p>Activities -Kick on the wall -Blowing Bubbles -Floating (Float and Back) introduction w/ objects -Mat: Running, Rolling, Jumping</p>	<p>Warm Welcome Revision of the ways of getting into and out of the water</p> <p>Activities -Mat: Running, Rolling Jumping -Noodle Dance -Kicking w/noodle -Blowing Bubbles -Trick Trick Train -Boat Ride</p>	<p>Warm Welcome Revision of the ways of getting into and out of the water</p> <p>Activities -Monkey Climb -Elbows, Tummy, Knee-climb out of the pool in the deep water -Slide in and Starfish float -Jump in and Starfish float -Water Relay</p>	<p>Warm Welcome Revision of the ways of getting into the water</p> <p>Activities -Traffic light- Kicking -Introduce torpedo float -Monkey climb -Humpty Dumpty -Water Relay -Boat Ride</p>

***Course content will be adjusted based on student learning status.

Group - SC2

Learning Outcome:

To build water confidence in a supportive environment

To develop a sense of water safety

To introduce the foundation of strokes

Day 1	Day 2	Day 3	Day 4	Day 5
<p>Warm Welcome Introduction Class Guidelines</p> <p>Water Test Ensure students' abilities</p> <p>Activities -Safe Entry and Exit -Treasure Hunt -Blowing Bubbles -Floating (Float and Back) introduction w/ objects -Kicking w/ floaty -Introduce torpedo float -Introduce the arm actions</p>	<p>Warm Welcome Introduce the ways to get in the water</p> <p>Activities -Traffic light- Kicking -Treasure Hunt -Kicking w/noodle -Noodle Dance -Trick Trick Train</p>	<p>Warm Welcome Revision of the ways of getting into and out of the water</p> <p>Activities <u>Survival Skill Day</u> -Monkey Climb -Slide in + Swim back -Slide in + Starfish float -Jump in + Starfish float -Slide in + treading water -Use of Devices to assist rescues -Survival Breaststroke (C,A,S) -Boat Ride</p>	<p>Warm Welcome Revision of the ways of getting into and out of the water</p> <p>Activities <u>12.5m Swim</u> -Kicking (front and back) w/ floaty -Strokes Swim w/floaty -Water Relay</p>	<p>Warm Welcome Revision of the ways of getting into the water</p> <p>Activities -Traffic light -Water Obstacle -Treasure Hunt -Mat: Running, Rolling, Jumping -surfboard race</p>

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Group - SC3

Learning Outcome:

To build water confidence in a fun environment

To master some survival skills in the Back position

To develop social skills in team games (Relay, water polo)

Day 1	Day 2	Day 3	Day 4	Day 5
<p>Warm Welcome Introduction Class Guidelines</p> <p>Water Test Ensure students' abilities</p> <p>Activities -Safe Entry and Exit -Noodle Swim -FS and BK techniques -Introduction Water Polo (Throw and Catch)</p>	<p>Warm Welcome Introduce the ways to get in the water</p> <p>Activities -Traffic light- Kicking -Water Obstacle <u>Survival Skill Day</u> -Monkey Climb -Slide in + Swim back -Slide in + Starfish float -Jump in + Starfish float -Slide in + treading water -Use of Devices to assist rescues -Survival Breaststroke (C,A,S) -Mat: Running, Rolling, Jumping</p>	<p>Warm Welcome Revision of the ways of getting into and out of the water</p> <p>Activities -Distance Swim (25m) -Surfboard Swim -Water Relay</p>	<p>Warm Welcome Revision of the ways of getting into and out of the water</p> <p>Activities -Survival Breaststroke Revision -Treasure Hunt -Water Polo (Goal Shooting)</p>	<p>Warm Welcome Revision of the ways of getting into the water</p> <p>Activities -Relay(Surboard/ Noodle/ Boat,etc) -Back Float Revision -Survival Breaststroke Revision -Mat: Running, Rolling, Jumping</p>

***Course content will be adjusted based on student learning status.

Group - SC4

Learning Outcome:

To build water confidence in a fun environment

To master multiple survival skills

To develop social skills in team games (Relay, water polo)

Day 1	Day 2	Day 3	Day 4	Day 5
<p>Warm Welcome Introduction Class Guidelines Health & Safety</p> <p>Water Test -Assess each student's swimming ability in a supportive way. -Ensure they are comfortable and safe in the water.</p> <p>Activities - Introduce basic rules of the programme -Observe confidence levels and identify which students are more comfortable in the water -Conduct light swimming activities to gauge ability. -Begin introducing survival and safety skills such as floating, sculling, and basic water awareness.</p>	<p>Warm Welcome Relays Introduction</p> <p>Activities -Individual Relays (Kick board, surfboard etc.) -Introduce a little ball handling for water polo -Team Relays (Build a raft & race)</p>	<p>Warm Welcome Water Polo Introduction</p> <p>Activities -Hot Potato Warm Up Game -Water Polo (passing, shooting, dribbling drills) -Marco Polo Game if still have time</p>	<p>Warm Welcome Water Polo drills recap</p> <p>Activities -Water Polo warmup -King of the Hill game -Few drills from the previous day. -Water Polo Game</p>	<p>Warm Welcome Students Choice Day</p> <p>Activities -Invite students to select three of their favorite games from the week. Use the rest of the lesson for other group activities such as: >Rock, Paper, Scissors (pool version) >Water Pong >Sea Monster -Encourage teamwork, creativity, and confidence while keeping the focus on enjoyment and safety.</p>

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