



BRIDPORT SURF LIFE SAVING CLUB INC
ESTABLISHED 2010



Under 8's *Nipper Training Manual*

Season 2012 -2013

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Under 8 Overview of Lesson Plans

LESSON 1

- Welcome to the Family
- Beach Sprints
- Flags
- Feeling safe at the beach
- Wade
- Games – Cup & Bucket Race , Stuck in the Mud

LESSON 2

- Being sunsmart (need SLS top and hat)
- Do you know your buddy
- Beach Sprints
- Beach Flag
- Beach Relay
- Tug of War
- Our Beach Environment
- Game – Fruit Salad (in water)
- Introduction to Board Skills

LESSON 3

- Beach Relay
- Beach Sprints - Ready Set Go
- Beach Flags
- Wading Lesson
- Games – Tennis Ball Gather, Ship to Shore
- Boards

LESSON 4

- Beach Flags - Get Off The Ground
- Relay with obstacle
- Beach Sprints

- Beach Whales lesson
- Free Swim / Boards

LESSON 5

- Beach Sprints lesson
- Beach Flags
- Element Game (will need a towel)
- Board Lesson – Small Board Big Fun

LESSON 6

- Fruit Salad Game (on sand)
- Beach Sprints
- Beach Flags
- Relay (Secret Whispers)
- Water Safety Lesson- Stick Your Hand Up
- Water Relay
- Game - Mr Wolf
- Wade

LESSON 7

- Game – Bull Rush
- Beach Sprints
- Game – Robbing Robin’s Nest
- Beach Flags
- I’m a Lifesaver lesson - It's All Yellow and Red
- Board & Free Swim

LESSON 8

- Beach Sprints
- Relay with obstacle
Beach Flags
- It’s an Emergency Lesson

- Slip Slop Slap Wrap & Seek
- Game – Tennis Ball Gather
- Splash Relay
- Catching a Wave lesson

LESSON 9

- Hazard Watch
- Beach Flags
- Game Fruit Salad (on sand)
- Beach Sprints
- Relay with Batons & Spade and Ball
- Wade with Dolphin Dive - I'm a Dolphin
- Board Relay

EXTRA LESSON

- Beach Flags
- Tug of War
- Beach Sprints
- Friend or Foe (recap Day 2)
- Do you know your Buddy?
- Element Game (need towel)
- Wade
- Boards – Time to catch a Wave

Under 8's Lesson Plan Day 1

Equipment

- 4 cones / buckets to mark course for stuck in mud
- 2 buckets & 2 cups for bucket race
- flags

Roll Call

- Reinforce Signing In and Signing Out
- Slip Slop Slap Wrap Seek
- Bring water

Warm Up

- Slow jog up the beach 100m
- Side skip down to water,
- Hoping L & R (1 minute)
- Push Ups x 5 (4 times)
- Side Skip back up beach
- Easy Jog back
- Stretches

"Welcome to the Family"

Develop an understanding of surf life saving in Australia

- Welcome to the Junior Program

- SLSA and Surf Club History

Identify the surf club as a welcoming place

- Surf Club Tour/beach

Beach Skills

1 Sprints – 70 m in age groups (demonstrate each run x 3).

- Slow run concentrating on swinging arms to eye level & down to waist.
- Slow run concentrating on high knee lifts (reinforce keeping back straight).
- Fast run (sprint) concentrating on speed.

2 Play Stuck in the Mud

- Mark out area approx. 15x20m.
- Choose 2 people to be in. Those 2 people try to catch other participants. Once caught the person must stay still & legs apart.
- They can be freed by someone diving through their legs. Someone who is between the legs is safe from the catcher until they crawl out.

3 Beach Flags

- Age groups, boys and girls (15m long Flags 1.5 apart).
- Stress legs together, head up, head down & go.

Change into (wetsuit / rashies etc) have a drink break

Surf Knowledge 1

Topic – “ Feeling safe at the beach”

Activity A

Sit the group in a circle, outline basic safety guidelines .

(demonstrate all actions)

- How to signal for help - 1 hand held high above your head, with hand moving slowly side to side. Stand group up and practise.
- Signal that you are ok, R hand to head to make a circle

- Importance of having an adult present when in the water & and to stay in shallow water.
- Staying with the group at all times, if need to grab a drink tell your Age Manager.
- Discuss any hidden rocks or large rocks they can be washed onto when on boards.
- Always swim between the flags.
- If they are hurt or afraid, or unsure where to go, they are to approach a lifeguard or Age Manager.

Activity B

- Divide into pairs & have a chat for 5 minutes
(ask your partner about their name, their favourite colour, sport and their favourite food)
- Each person will introduce their friend & tell the group the answers to the questions asked

Water Play

1 Cup & Bucket Race (2 teams)

Divide group into 2 teams.

1st person of each team runs to water's edge with cup and fills it up, then runs back and empty's cup into bucket. Repeat process (4-6 mins timed).

At end count out cups of water to see which team wins.

2 Wade (age groups)

- **5 & 6 year olds** - Take out in a group to Adults standing in water up to their knees. Once out there say "Ready Set Go" and the run as fast as they can . Repeat 3-4 times for this age group
- **7 year olds** - Line up on beach 20 m from water's edge.
Run out around 1 adult up to 2nd adult & back to beach over finish line, repeat 3- 4 times.
If have time continue running eliminating the last runner from each age group.

3 Free Swim Supervised until end of Nipper Session.

Sign off Roll Call

- Manager must take their group back near to the tent. Children must sit down. **Sign off roll call** is done.
- **Children cannot leave until a parent has come to you and signed off**
- Make sure Nipper Cap is removed
- If a parent does not show, their name will be call over PA.
- Must stay with group until **all children** are collected by their parent

Under 8's Lesson Plan Day 2

Equipment

- 4 hops or 4 cones
- Rope for Tug of War
- Pictures for our beach environment (friend or foe)
- Flags
- Boogie Boards

Roll Call

- Reinforce Signing In and Signing Out
- Slip Slop Slap Wrap Seek
- Bring water

Warm Up

- Introduce yourself to partner, hold hands & run up beach 50m
- Skip 50m further up beach
- Drop & Push Ups x 5 (4 times) on knees
- Side Skip 50m back up beach, change L –R 50m
- Run backwards last 50m
- Stretches

Slip Slop Slap Wrap & Seek

Sit the participants in a group and ask the following questions.

- 1 Who likes playing in the sun?
 - 2 Why is playing in the sun so much fun?
 - 3 What should we all do before going out in the sun?
- ☐ Put on sunscreen
 - ☐ Wear a shirt
 - ☐ Put on a hat

4 Ask participants if they know the following jingle?

Slip – slip on a shirt

Slop – Slop on sunscreen

Slap – Slap on a hat

Wrap - Put on sunglasses

Seek – Seek shade (if possible)

Activity

☐ Ask for a volunteer who would like to be dressed up as Sun smart.

☐ Stand them in front of the group.

☐ Take sunscreen and discuss with group.

1 Must apply before going into the sun.

2 Should be SPF 30.

3 Should be waterproof.

☐ Squeeze some into your hands and rub on legs, arms, face of volunteer.

☐ Take long sleeved shirt and discuss with group.

(best because protects arms from sun)

Activity - “ Do you know your Buddy”

☐ Ask children to form a big circle.

☐ One at a time each child goes around the group saying each child’s name, and then sits back in their spot

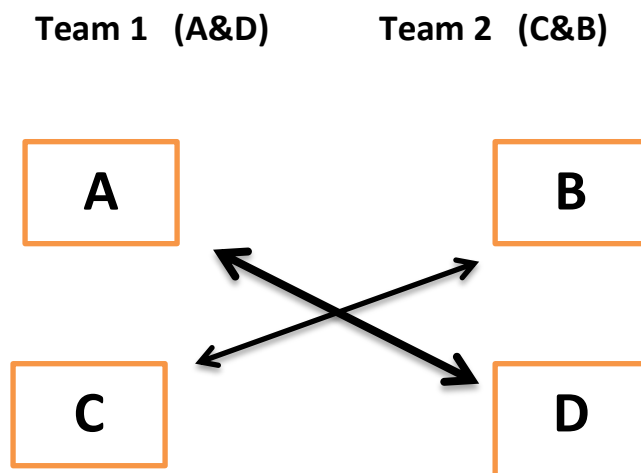
(prompting can be given)

Beach Skills

1 Sprints 70 m in age groups (demonstrate each run x 3).

- Slow run concentrating on swinging arms to eye level & down to waist.
- Slow run concentrating on high knee lifts (reinforce keeping back straight).
- Fast run (sprint) concentrating on speed

2 Relay



- Split into 2 groups. Then ½ team stands diagonally opposite, and run to person diagonally opposite & tag them (twice through). Once all have run sit down.
- Run through again but call out randomly – skip, walk, hop, freeze until all through (twice through).

2 Tug of War

- Boys vs Girls

3 Beach Flags

- Age groups, boys and girls (15m long Flags 1.5 apart).
- Stress legs together, heads up, heads down & go.

Change into (wetsuit / rashies etc) have a drink break

Surf Knowledge 2

Topic – “ Our beach enviroment”

Discuss what type of animals/creatures we share our beach with.(crabs, fish, whales, sharks, jellyfish, stingrays, sea urchins, stonefish, sea snakes etc. (sit group in a circle)

- How do these animals use the beach.
(fish swim in sea, crabs live in rocks, shells on or under sand).
- Discuss that some of these animals are dangerous because they have special ways of protecting themselves.
- Which are dangerous? Why? & how can we keep away from them.
Blue Ringed Octopus(poisonous don't touch) ,
Jellyfish (sting don't touch), Sharks (dangerous leave the water if told to by a Lifeguard).
- Some are not but they could hurt you (eg crabs with their pinchers)

Activity

Walk along the beach and try and find animals talked about (10 -15 mins).

Set the rules – stay in group, don't go in the water, don't touch any animals.

Water Play

1 Wade (age groups)

- Line up on beach 20 m from water's edge.
- Run out around 1 adult up to 2nd adult & back up to beach to finish line.
- If have time continue running eliminating the last runner from each age group.

2 Fruit Salad Game in Water

- Put into groups of apples, oranges, pears & mangoes.
- When their fruit is called run into the water and around adult 1 and adult 2 & back across the finish line.
- If fruit salad is called, all participants must run.

3 Board Skills Intro (using boogie boards)

- Ask them to find a partner (1 board between 2)
- Have participants drag board out to knee deep water, holding board with hands near middle straps.
- Push the board back & forth 10 times
- Return board to next child on shore until all have had a **turn**.

4 Bunny Hops (using boogie boards)

- Have the participants hold the board as above & jump lifting their knees up high & making sure their feet & legs completely clear the water.
- Make sure they concentrate on getting their balance right so that they don't tip the board to one side.
- Repeat 5 times.

5 Free Swim Supervised until end of Nipper Session.

Sign off Roll Call

- Manager must take their group back near to the tent. Children must sit down. **Sign off roll call** is done.
- **Children cannot leave until a parent has come to you and signed off**
- Make sure Nipper Cap is removed
- If a parent does not show, their name will be call over PA.
- Must stay with group until **all children** are collected by their parent

Under 8's Lesson Plan Day 3

Equipment

- **Flags**
- **Bucket full of Tennis Balls**

Roll Call

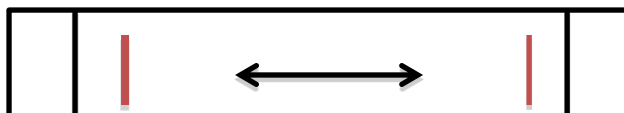
- Reinforce Signing In and Signing Out
- Slip Slop Slap Wrap Seek
- Bring water

Warm Up

- Slow jog up the beach 100m
- Side skip down to water,
- Hoping L & R (1 minute)
- Push Ups x 5 (4 times)
- Side Skip back up beach
- Easy Jog back
- Stretches

Beach Skills

1 Relay



- Divide into 2 teams - $\frac{1}{2}$ team at other end (behind the line).
- First person at each end lying down (as a flag start) facing their team.
- On go, the person gets up and runs to opposite end (70m) & tags team mate on the shoulder.
- Continue until all team through, then first over line.
- Repeat x2

2 Sprints "Ready Set Go"

Divide into age groups – all over 70m

- Skip 70 m, Run backwards, Normal Sprint (swinging arms)

3 Beach Flags

- Age groups, boys and girls (15m long Flags 1.5 apart).
- Stress legs together, heads up, heads down & go.

Change into (wetsuit / rashies etc) have a drink break

Surf Knowledge 3

Topic – Wading

- Line participants up on the beach
- Ask participants to show you how they run on the beach (running on the spot).
- Ask can you run in the water like this? (not very well)
- Why can't you run in the water like this? (because your legs will push against the water and make it hard)
- Ask them to show you how they could run in the water (running on the spot).

Demonstrate correct technique for Wading

- Swinging legs out away from body
- High knees to clear water
- Swing arms wide for balance

Activity

Make sure Water Safety Personnel are ready at water's edge

- Get participants to practise wading technique on the spot on the sand.
- Then starting on the sand follow the leader snaking down to the water's edge, wade along in ankle deep water then move back to the sand.
- Then knee deep water and wade along.
- Continue snaking until all participants have had enough.

Water Play

1 Wade (age groups)

- Line up on beach 20 m from water's edge.
- Run out around 1 adult up to 2nd adult & back to beach over finish line.
- If have time continue running eliminating the last runner from each age group.

2 Tennis Ball Gather

* please note Bronze Holder must be in Water *

- 2 teams – boys vs girls and age groups.
- Flag start – run out and grab tennis ball and place in bucket (balls thrown out on go & balls no greater than knee deep)
- Run age groups first then boys vs girls
- Game can also be run as an elimination in age groups

3 Ship to Shore

Demonstrate all commands prior to starting game

The various commands are

- Climb the ropes – arms pulling up, legs stepping on the spot
- Go for a swim - use freestyle arms
- Captain aboard - stand and salute
- Scrub the deck – squat down & pretend to scrub the deck
- Run to ship (ship is now in the sea)

- Signal you need help – 1 arm above head & swing side to side
- Signal you are ok - R hand on head
- Run to shore – run to beach

Evacuate (blow whistle) run to and over line (last 2 eliminated)

Run through practise a couple of times before elimination starts

4 Free Boards Supervised until end of Nipper Session.

Sign off Roll Call

- Manager must take their group back near to the tent. Children must sit down. **Sign off roll call** is done.
- **Children cannot leave until a parent has come to you and signed off**
- Make sure Nipper Cap is removed
- If a parent does not show, their name will be call over PA.
- Must stay with group until **all children** are collected by their parent

Under 8's Lesson Plan Day 4

Equipment

- **Flags**
- **5 Hoops & Tennis Balls for Robbing Robin's Nest**

Roll Call

- Reinforce Signing In and Signing Out
- Slip Slop Slap Wrap Seek
- Bring water

Warm Up

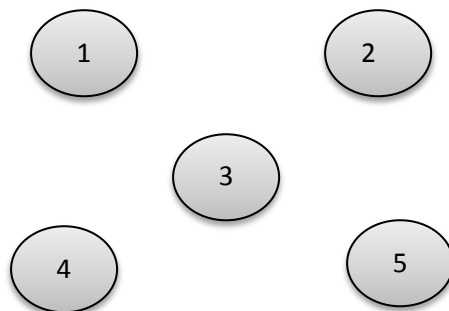
- Follow the leader

Adult jogs, skips, runs backwards, snaking up the beach in and out of the water (no deeper than knee deep) for 100 m up beach.

Beach Skills

1 Robbing Robin's Nest

5 hoops/ Tennis Balls (4 teams)



- Place all tennis balls in centre hoop.
- On go, first person from each team runs to the centre hoop and retrieves 1 ball.
- Then runs and puts the ball in their nest & tags a team member to go to the centre hoop. This continues until all balls are gone.

- Then adult calls out “Rob the Nest”.
- First person from each team retrieves a ball from another nest (hoop).
- Continue for approx. 5 mins.
- When adult calls stop count how many balls each team has. Play twice.

2 Beach Flags "Get off the Ground"

Attempt or perform beach flags starts

- On ‘go’ keep turning foot on start line
- Keep head and shoulders low throughout turn
- Push backwards and upwards towards the flag
- Use vigorous arm and leg action
 - Age groups, boys and girls (15m long Flags 1.5 apart).
 - Stress legs together, heads up, heads down & go.

3 Beach Sprints 70m

Activity 1

2 teams

- First one from each team runs up to end (finish Line) and lies down on sand.
- Adult yells “Go” & the 2nd member runs up to the end, jumps over the 1st person & lies down.
- The first person (lying on the sand) gets up runs and around an adult and back to the start line.
- And so on, until all through.
- Once 2nd last person finished on each team they yell “Go” & “the obstacle” runs around adult and back to start line (2x through)

Activity 2

Age groups straight 70m Sprint.

Change into (wetsuit / rashies etc) have a drink break

Surf Knowledge 4

Topic – Water Skills (Beached Whales)

Sit the participants in a group facing out to sea.

Discuss the water and surf by asking the following questions.

- Who likes swimming in the sea?
(please note those that don't, so keep close eye on later)
- What is different about swimming in the sea than swimming in a pool?
(the sea has salt water & waves, pool has fresh water & no surf)
- Discuss what a participant should do if they are not enjoying the water. (tell Age Manager, parent, helper, Water Safety Officer etc)

Activity 1 -

Take the participants on a short run to warm up. Snake the run into ankle deep water as you run around.

Activity 2 -

- Line up the participants on the edge of the water facing out to sea.
- Get participants to hold hands and walk into the water slowly.
- When in ankle deep water tell them to jump the waves as they get to them (about 10 waves).

- Tell participants on the count of 3 they have to sit in the water, once sitting down tell them to roll over onto their tummies. Get them to stay in that position until 3 waves have washed over them.
- Ask participants to stand and look out to sea.
- Walk further into the water until knee deep and repeat activity.
- Finish activity by making a swim area. Free swim, may grab boogie boards.

Water Play

3 Free Swim/ Boogie Boards Supervised until end of Nipper Session.

Sign off Roll Call

- Manager must take their group back near to the tent. Children must sit down. **Sign off roll call** is done.
- **Children cannot leave until a parent has come to you and signed off**
- Make sure Nipper Cap is removed
- If a parent does not show, their name will be call over PA.
- Must stay with group until **all children** are collected by their parent

Under 8's Lesson Plan Day 5

Equipment

- 4 Hoops (to mark area for game of tag)
- Boogie Boards
- Bag of Towels for Element Game

Roll Call

- Reinforce Signing In and Signing Out
- Slip Slop Slap Wrap Seek
- Bring water

Warm Up

Game of Tag

- Set up 4 hoops to mark the area.
- One person tags another and holds hands. Once reached 4 people, break up into pairs.
- Repeat 2 times.

Circle Run Around.

- Sit all the participants in a circle, lying face down, faces in.
- Give each child a number 1 to 4.
- When number is called all with that number get up and run clockwise chasing the person in front.
- If someone gets caught they need to sit down in the centre of the circle for 2 turns & then they can return to their spot.

Beach Skills

1 Beach Sprints 70m

- Age groups – all lying down facing the front, hands on start line, run on signal.
- Backward run – for 1st time 20 m, then run forward for rest
- Crab race on all fours, heads up for first 20m, then run rest.

2 Standing Beach Sprint

Coaching points

- **Place 1 foot on the line and the other foot behind them.**
- **Dig the toes of the front foot into the sand for a better grip.**
- **Place the opposite arm forward to the leg that is in the front position.**
- **Knees slightly bent.**
- **On “Go” drive forward off front foot.**

Activity

- Demonstrate to group the above correct position for sprints
- Set up a start line using marker cones and line the participants up behind the start line.
- On command “Take your marks” participants take their position on the start line.
Place 1 foot on the line and the other foot behind them.
Dig the toes of the front foot into the sand for a better grip.
Place the opposite arm forward to the leg that is in the front position.
- On command “Get set” participants lean forward with arms ready and look towards the finish line.
- On the Command “Go ” participants push off their back foot & start to swing their arms hard and fast to help accelerate.
- Repeat 10 times

Have participants try using a different foot forward to feel the difference and choose which leg forward is faster

Surf Knowledge 5

Topic – Flags

Sit participants in a group and discuss what Beach Flags is.

(It is a game to practise speed and reaction needed by a Rescuer to respond to emergencies).

Coaching Points

- **There is a start & finish line.**
- **Line up on the start line, with toes on the line.**
- **Lie down on stomach with chin on hands, legs together.**
- **When you hear “Go” get up turn around and run for the flag.**
- **When you get to the flag, bend over and pick it up or dive.
(Demonstrate this).**
- **No touching other competitors.**

Activity

- Age groups, boys and girls (15m long Flags 1.5 apart).
- Have a practice run through before eliminating participants

Element Game (grab bag of towels for this activity)

Towels need to be spread out without touching. Participants move in a clockwise direction around all towels.

- Participants run/ jog/ skip around the beach towels until an adult yells out on of the following directions.

| | |
|------------------|--------------------------|
| FLOOD | hop on top of towel |
| AVALANCHE | hop under the towel |
| FIRE | drop rock and roll |
| TORNADO | spin around on the spot. |
- Participants are eliminated on Flood or the last to carry out the appropriate actions for the element called
- a towel is removed each time.

Change into (wetsuit / rashies etc) have a drink break

Surf Lesson

"Small board big fun"

1 Board Balance

Sit down in a circle and go through the Golden Rules.

- Lie in the centre of board.
- Hold onto board with both hands on side at front.
- Demonstrate on board the correct position.
- Explain what happens if too far forward (nose dive) or too far back (hard to catch a wave). Arrange the participants in a circle & get them to draw a board in the sand (life size) & position themselves correctly.

Now using 1 real board get each participant to position themselves on it & ask the others if it is the correct position – help where needed. Repeat until all have had a turn.

2 Catching a Wave

Demonstrate to the the participants how to hold a board on the sides near the top with both hands in the water.

Show how to catch a wave.

- Look behind for an oncoming wave.
- Just before a wave hits launch yourself forward and kick hard. Or if you are in a paddling position, you need a long kick to catch wave.
- Make way out to knee depth water and ask them to get on boards using correct position.
- Adults help participants to practise skill.
- At end get all to do a wipe out – tip board over with them holding straps.

3 Wade (participants who are not having board lesson)

- Line up on beach 20 m from water's edge.
- Run out around 1 adult up to 2nd adult & back to beach over finish line.

- If have time continue running eliminating the last runner from each age group.

4 **Free Swim** Supervised until end of Nipper Session.

Sign off Roll Call

- Manager must take their group back near to the tent. Children must sit down. **Sign off roll call** is done.
- **Children cannot leave until a parent has come to you and signed off**
- Make sure Nipper Cap is removed
- If a parent does not show, their name will be call over PA.
- Must stay with group until **all children** are collected by their parent

Under 8's Lesson Plan Day 6

Equipment

- **Flags**
- **PFD's x2 – kids (arrange a time with IRB Crew**
- **Life Saver Uniform – top ,shorts, hat, bum bag**

Roll Call

- Reinforce Signing In and Signing Out
- Slip Slop Slap Wrap Seek
- Bring water

Warm Up

- Slow jog up the beach 100m
- Side skip down to water,
- Hoping L & R (1 minute)
- Push Ups x 5 (4 times)
- Side Skip back up beach
- Easy Jog back
- Stretches

Beach Skills

1 Fruit Salad (up on sand)

- Put into groups of apples, oranges, pears & mangoes.
- When their fruit is called run up to adult 1 and over the finish line.
- If fruit salad is called, all participants must run.

2 Beach Sprints

- Age groups (small groups)
- all facing the front, 1 foot on start line, 1 foot behind line, run on " Ready, Set, Go"
- Last one over is eliminated
- Continue until 1 left in each age group.

3 Beach Flags

- Age groups, boys and girls (15m long Flags 1.5 apart).
- Stress legs together, heads up, heads down & go.

Change into (wetsuit / rashies etc) have a drink break

"Stick Your Hand Up"

Topic – Water Safety Lesson

- Always wear a PFD in a boat.
- How would you signal for help when you are in the water?
- What would happen if you fell out of the boat.

Activity IRB Experience (7yr olds only)

Go to IRB and ask driver questions & he/she will tell them about IRB.

Children are given opportunity to go in IRB. PFD's must be worn.]

Activities for children waiting for IRB (see next page)

1 Secret Whispers

- Adult whispers to first person in each team a message.
Eg. There are 5 Mermaids in the Sea
There are 7 Killer Whales in the water
- The first person runs up and whispers message to team member.
- Repeat process to end.
- They then whisper message back to Adult.
- Repeat 2x.

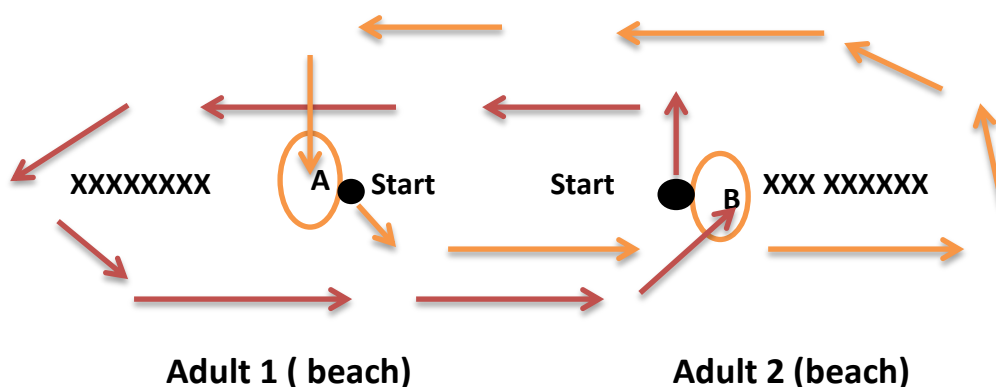
2 Mr Wolf

- Mr Wolf in water up to knees and participants are at start line (beach side) 10m behind.
- Singing out “What’s the time Mr Wolf”
- Wolf replies & they take appropriate number of steps, trying to touch Mr Wolf before he turns around.
- When he yells “Dinner time, Mr Wolf tries to catch as many as possible.

3 Water Relay - Splash Relay

- 2 teams
- Normal Relay but runners run out and around the other team in the water and then back to the end of the other team
- Each team tries to get the other team members wet by splashing hard.

See example below.



3 Wade (age groups)

- Line up on beach 20 m from water’s edge.
- Run out around 1 adult up to 2nd adult & back to beach over finish line.
- If have time continue running eliminating the last runner from each age group.

- 4 **Boogie Boards/Swim** – if time permits

Sign off Roll Call

- Manager must take their group back near to the tent. Children must sit down. **Sign off roll call** is done.
- **Children cannot leave until a parent has come to you and signed off**
- Make sure Nipper Cap is removed
- If a parent does not show, their name will be call over PA.
- Must stay with group until **all children** are collected by their parent

Under 8's Lesson Plan Day 7

Equipment

- **Flags**
- **5 Hoops (4 for Bull Rush - 1 for Robbing Robins Nest)**
- **Tennis balls – Robbing Robins Nest**
- **Life Saver Uniform – top ,shorts, hat, bum bag**

Roll Call

- Reinforce Signing In and Signing Out
- Slip Slop Slap Wrap Seek
- Bring water

Warm Up

- Introduce yourself to partner, hold hands & run up beach 50m
- Skip 50m further up beach
- Drop & Push Ups x 5 (4 times) on knees
- Side Skip 50m back up beach, change L –R 50m
- Run backwards last 50m
- Stretches

Beach Skills

1 Bull Rush

- Mark a square with 4 hoops + lines and use adults for sides.
- Players line up along 1 side with 2 chasers in the middle and try to make it to the other end without getting tagged.
(Players must stay in the square)
- If tagged the players become the chasers too until last 2 players, they then become taggers for the next game.
- Repeat game 2x.

OR

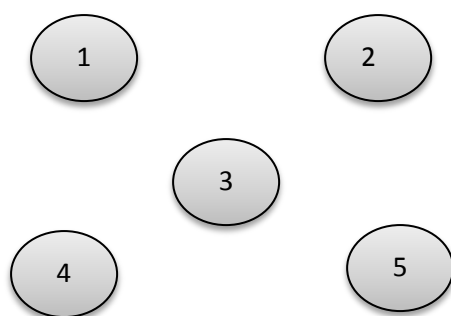
2 Sprints

Divide into age groups – all over 70m

- Skip 70 m, walk backwards, Normal Sprint (swinging arms)
-

3 Robbing Robin's Nest

5 hoops/ Tennis Balls (4 teams)



- Place all tennis balls in centre hoop.
- On go, first person from each team runs to the centre hoop and retrieves 1 ball.
- Then runs and puts the ball in their nest & tags a team member to go to the centre hoop. This continues until all balls are gone.
- Then adult calls out "Rob the Nest".
- First person from each team retrieves a ball from another nest (hoop).
- Continue for approx. 5 mins.
- When adult calls stop count how many balls each team has. Play twice.

4 Beach Flags

- Age groups, boys and girls (15m long Flags 1.5 apart).
- Stress legs together, heads up, heads down & go.

Change into (wetsuit / rashies etc) have a drink break

Surf Knowledge 1

Topic – “ Its all red and yellow ”

Recognise the Red and Yellow flags

- Look at a real set of Red and Yellow flags

Understand what the Red and Yellow flags mean

- What they are used for

Person taking this section needs to be in full Lifesaver uniform.

(shorts, long sleeved shirt, wide brimmed hat, bum bag and rescue tube).

Have a spare uniform to dress a volunteer.

Sit participants in a group and ask the following questions.

- What is a Lifesaver? (trained volunteer who patrols the beach).
- How do we know what a Lifesaver looks like?
(they are dressed in red and yellow and wear these - show group).
- What does a Lifesaver do?
(they patrol the beach and save people).
- Where is the safest place to swim at the beach?
(between the red and yellow Flag).

Ask for a volunteer who wants to be dressed as a Lifesaver.

- Stand volunteer at the front of the group.
- Take a piece of Lifesaver uniform and discuss this item with the group.
- Hand the item to the volunteer & have them put it on.
- Continue until volunteer is fully dressed.

Water Play

1 Dolphin Diving

5-6 yr olds

Encourage this age group to put head under water with hands out in front of head and pick up sand. Repeat 4-5 times

Attempt or perform dolphin diving

DOLPHIN DIVING – 7 yr olds

Commence when water is too deep to wade.

Dive forward and into the water with arms together and out-stretched.

Angle your dive 45 degrees towards the bottom and dig hands into sand to prevent being dragged backwards by wave.

Bring legs/feet forward to where hands are and drive/spring 45 degrees forward and upwards with hands/arms out stretched ready to

Repeat dolphin dive.

Demonstrate

Discuss with children the need to protect their head when diving under water.

Ask them to practice by putting their head between their arms as their arms are stretched out in front of them.

Activity 1

Take the participants to waist deep water and line up facing parallel to beach,

Ask them to get their arms in dolphin diving position.

On your call they should practice one dolphin dive returning to their feet;

Repeat this until they are confident and competent in dolphin diving.

Activity 2 (Run in age groups)

The participants will have to wade out and dolphin dive around water safety personnel before returning to shore. They must show a handful of sand before returning to shore.

Option – to play a game or boogie boards/ swim

Ship to Shore

Demonstrate all commands prior to starting game

The various commands are

- Climb the ropes – arms pulling up, legs stepping on the spot
- Go for a swim - use freestyle arms
- Captain aboard - stand and salute
- Scrub the deck – squat down & pretend to scrub the deck
- Run to ship (ship is now in the sea)
- Signal you need help – 1 arm above head & swing side to side
- Signal you are ok - R hand on head
- Run to shore – run to beach

Evacuate (blow whistle) run to and over line (last 2 eliminated)

Run through practise a couple of times before elimination starts

OR

Boards & Free Swim

Supervised until end of Nipper Session.

Sign off Roll Call

- Manager must take their group back near to the tent. Children must sit down. **Sign off roll call** is done.
- **Children cannot leave until a parent has come to you and signed off**
- Make sure Nipper Cap is removed
- If a parent does not show, their name will be call over PA.
- Must stay with group until **all children** are collected by their parent

Under 8's Lesson Plan Day 8

Equipment

- **Flags**
- **Boogie Boards**
- **Life Saver Uniform – top ,shorts, hat, bum bag & sunscreen to dress volunteer as Sun Smart**
- **Tennis Balls**

Roll Call

- Reinforce Signing In and Signing Out
- Slip Slop Slap Wrap Seek
- Bring water

Warm Up

- Slow jog up the beach 100m
- Side skip down to water,
- Hoping L & R (1 minute)
- Push Ups x 5 (4 times)
- Side Skip back up beach
- Easy Jog back
- Stretches

Beach Skills

1 Beach Sprints 70m

Activity 1

2 teams

- First one from each team runs to end of 70m and lies down on sand.
- Adult yells "Go" & the 2nd member runs up, jumps over them & lies down.
- The first person (lying on the sand) gets up and runs around an adult and back to the start line.
- And so on, until all through.
- Once 2nd last person finished on each team they yell "Go" & "the obstacle" runs around adult and back to start line (2x through)

Activity 2

Age groups straight 70m Sprint.

2 Beach Flags

- Age groups, boys and girls (15m long Flags 1.5 apart).
- Stress legs together, heads up, heads down & go.

Change into (wetsuit / rashies etc) have a drink break

Surf Knowledge 8

Topics 1 & 2 approx 10 -15 mins

Topic 1 – "It's an Emergency"

- What is an Emergency?
(sudden crisis that requires fast action)
- What sort of emergency might you see on the beach?

(person may have an injury, where blood is visible or they may be unconscious)

- What sort of emergency might you see in the water?
(person may be signalling for help, climbing the ladder)
- What do you do if you see an emergency?
(tell an adult or a life Saver who will call 000)
- 000 will connect you straight to either the Police/ Fire /Ambulance.
- **Must only call 000 in an emergency**

- Get volunteer to put a shirt on (use adult size as it is more fun)
- Take a wide brimmed hat and discuss with group.
(best because it protects the neck, ears & face)
- Get volunteer to put hat on.
- Finish by getting volunteer to parade as a runaway model – get cheers

Water Play

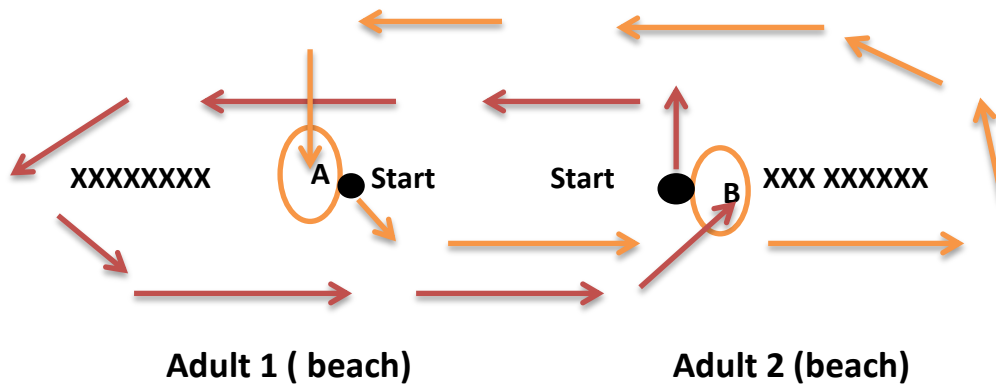
1 Tennis Ball Gather

* please note Bronze Holder must be in Water *

- 2 teams – boys vs girls and age groups.
- Flag start – run out and grab tennis ball and place in bucket
(ie balls thrown out on go & balls no greater than knee deep)
- Run age groups first then boys vs girls
- Game can also be run as an elimination in age groups

2 Water Relay - Splash Relay

- 2 teams
- Normal Relay but runners run out and around the other team in the water and then back to the end of the other team
- Each team tries to get the other team members wet by splashing hard.
See example below.



3 Catching a Wave

Demonstrate to the participants how to hold a board on the sides near the top with both hands in the water.

Show how to catch a wave.

- Look behind for an oncoming wave.
- Just before a wave hits launch yourself forward and kick hard. Or if you are in a paddling position, you need a long kick to catch wave.
- Make way out to knee depth water and ask them to get on boards using correct position.
- Adults help participants to practise skill.
- At end get all to do a wipe out – tip board over with them holding straps.

4 Free Play

Sign off Roll Call

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Under 8's Lesson Plan Day 9

Equipment

- **Flags**
- **Boogie Boards**
- **2 Baton/ Flags for relay**
- **2 Tennis Balls & 2 spades**

Roll Call

- Reinforce Signing In and Signing Out
- Slip Slop Slap Wrap Seek
- Bring water

Warm Up

- Slow jog up the beach 100m
- Side skip down to water,
- Hoping L & R (1 minute)
- Push Ups x 5 (4 times)
- Side Skip back up beach
- Easy Jog back
- Stretches

"Hazard Watch"

Identify dangers at the beach

- What are dangers at the beach

Beach Skills

1 Beach Flags

- Age groups, boys and girls (15m long Flags 1.5 apart).
- Stress legs together, heads up, heads down & go.

2 Fruit Salad Game

- Give every child a name of a piece of fruit - apple, pear, orange, mango
- When their fruit is called they run over the line at the far end.
- If fruit Salad is called as participants must run.

3 Beach Sprints 70m

Age groups straight 70m Sprint.

4 Relay with Batons/Flags



- Divide into 2 teams (boys vs girls)
 - ½ team at other end (behind the line).
- Baton/Flag must be received by team member before they start to run
- Once last team member is over the line, all the team must sit down
- Continue until all team through, then first over line.
- Repeat x2

5 Relay with Spade & Ball

- Try to balance ball on spade whilst walking/ running to team member at other end.
 - Rule.... Cannot hold ball onto spade, must be balanced
- Continue until last person is over the line, then all the team sits down

Change into (wetsuit / rashies etc) have a drink break

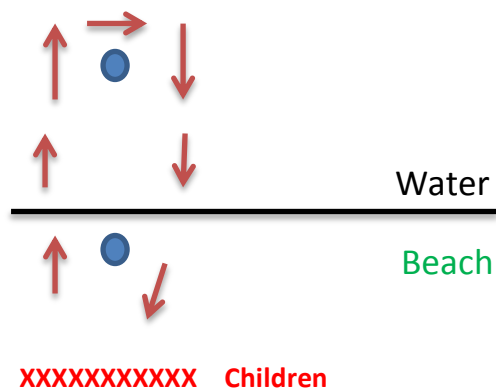
"I'm a Dolphin"

1 Wade (age groups)

- Line up on beach 20 m from water's edge.
- Run out around 1 adult up to 2nd adult & back to beach over finish line.
- If have time continue running eliminating the last runner from each age group.

2 Relay (in water)

- 2 teams (4 adults – 2 on beach/ 2 in water)
(see diagram below)
- Teams runs out to adult in water (dives for a handful of sand), then Dolphin Dives back to Adult on beach, crosses the line and sits down. Repeat until all team members has had a turn



3 Board Relay (Boogie Boards)

- Divide into 4 teams (Adults out in water at thigh height)
- Run & board out to mid thighs and jump on board
- Paddle around Adult and back to team on shore.
(5-6 yr olds may require assistance)
- Repeat 2x

4 Free Swim or Boards

Sign off Roll Call

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Under 8's Lesson Plan Day 10

Equipment

- **Flags**
- **Boogie Boards**
- **Rope for Tug of War**

Roll Call

- Reinforce Signing In and Signing Out
- Slip Slop Slap Wrap Seek
- Bring water

Warm Up

- Slow jog up the beach 100m
- Side skip down to water,
- Hoping L & R (1 minute)
- Push Ups x 5 (4 times)
- Side Skip back up beach
- Easy Jog back
- Stretches

Beach Skills

1 Beach Flags

- Age groups, boys and girls (15m long Flags 1.5 apart).

2 Tug of War

- Boys vs Girls

3 Sprints 70 m in age groups.

- High Knee Up – (slowly not a race)
- Running backwards (not a race)
- Sprints x 2 each age group no elimination

Surf Knowledge 2

Topic – “ Friend or Foe”

Discuss what type of animals/creatures we share our beach with.(crabs, fish, whales, sharks, jellyfish, stingrays, sea urchins, stonefish, sea snakes etc. (sit group in a circle)

- How do these animals use the beach.
(fish swim in sea, crabs live in rocks, shells on or under sand).
- Discuss that some of these animals are dangerous because they have special ways of protecting themselves.
- Which are dangerous? Why? & how can we keep away from them.
Blue Ringed Octopus(poisonous don't touch) ,
Jellyfish (sting don't touch), Sharks (dangerous leave the water if told to by a Lifeguard).
- Some are not but they could hurt you (eg crabs with their pinchers)

(use pictures if available)

Activity - “ Do you know your Buddy”

- Ask children to form a big circle.
- One at a time each child goes around the group saying each child's name, and then sits back in their spot
(prompting can be given)

Change into (wetsuit / rashies etc) have a drink break

Element Game (grab bag of towels for this activity)

Towels need to be spread out without touching. Participants move in a clockwise direction around all towels.

- Participants run/ jog/ skip around the beach towels until an adult yells out on of the following directions.

FLOOD hop on top of towel

AVALANCHE hop under the towel

FIRE drop rock and roll

TORNADO spin around on the spot.

- Participants are eliminated on Flood – a towel is removed each time.

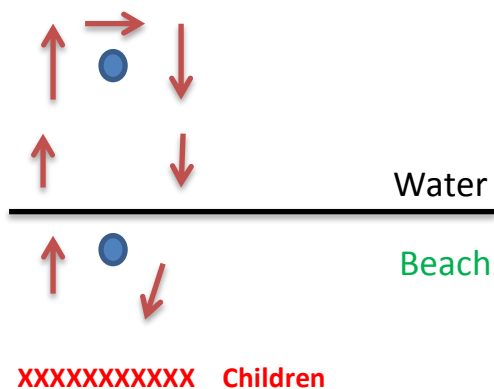
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(see diagram below)
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Repeat until all team members has had a turn



3 Boogie Boards / Swim

- Try to catch a Wave / Free Swim

Sign off Roll Call

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- Must stay with group until **all children** are collected by their parent