

LESSON PLAN

Date:	Time: am/pm	No. in Class:	Pool depth: m
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Ability: beginners improvers advanced	Venue:
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Equipment required: woggles floats pullbuoy floaters sinkers fins

Aim of Lesson:

Exercise/Activity	Teaching Points	Organisation	Duration
Entry			
Warm Up			
Main Theme			
Contrasting Activity			
Exit			

Notes	Total Duration: minutes
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