



LESSON PLAN

Date:	Time:	No. in Class:	Teacher:
Class Name:		Ability Level:	Pool Area:
Safety Considerations:			
Teaching Equipment:			

Goal/Key Learning:			
Activity	Teaching Points	Organisation	Duration
Introductory Activity (max 5 mins)			
Review Skills (max 5 mins)			
Main Theme			
Contrasting Activity (max 5 mins)			
			TOTAL DURATION: mins

NOTES
