



TURTLE TODDLER LESSON PLAN

LESSON FOCUS

WEEK NUMBER

SAFE ENTRY

WARM UP

WELCOME SONG

GET YOUR GROWN UP UNDERWATER!

CIRCLE SWIM

MAIN THEME – WEEKLY FOCUS

1

2

3

4

5

6

CONTRASTING

1

2

FREE PRACTICE

END SONG

SAFE EXIT



TURTLE TODDLER LESSON PLAN

SAFE ENTRY/EXIT - Be creative and practice getting in and out of the pool safely in different ways with the focus on the toddler doing this more and more independently. Focus on safety - walking, wait for permission to enter, wait for grown up etc.

WELCOME SONG - Choose a song that is lively and fun and with actions that encourage toddlers to get their arms and legs moving, get their faces wet and blow some bubbles.

GET YOUR GROWN-UP UNDERWATER - So important for toddlers to keep seeing adult modelling of underwater practices. Toddlers love to watch their adults go under and it gets the adults fully engaged and committed at the start of the class. Toddlers can submerge too but the focus is always on the adult.

CIRCLE SWIM - adapted for each toddler's ability, confidence and emotional needs on the day. Can be a surface swim or underwater.

FREE PRACTICE - crucial for optimum learning. Toddlers need time each week to play, explore and interact with the water on their own terms. Encourage adults to see where their toddler's interest takes them. Teacher to observe and coach during free practice time

Space for notes / observations to inform next week's planning:

