

Pre Aquatics Planning Session

- LEARNING OUTCOMES**
- *To motivate the students.*
 - *To agree rules for swimming sessions.*

EQUIPMENT *Labels, flip chart / black board, marker.*

CLASS ORGANISATION *Discussion format circle.*

ACTIVITY ONE

Icebreaker / Labels Game

1. *Each student has a label. Try and find your partner as fast as you can with matching label.*
2. *With partner, brainstorm your fears / expectations / hopes of swimming programme.*
3. *In group, record these on a flipchart.*
4. *Each pair link up with another pair.*

Decide on three rules that you might put in place to address people's fears and would help ensure that their expectations are met.

5. *In large group, record feedback.
Do not repeat but tick a rule if a second group has identified it.*
6. *Nominate the top six rules. Take a class vote. Have a student type them out and each student can be asked to sign a copy. Include in folder.
(A contract between teacher and students).*
7. *Give students a brief outline of course to be followed.*