

Sample Lesson Plan 2

Generic 60min Wall, Bucket / Paddle session

Summary

1. Full body workout 60min
2. Grade/Level: intermediate/ advanced
3. Objective: To give participants a full body HIIT workout without over-working muscle sets and causing cramp.
4. Time: 60min

Equipment required

Hand paddles / Buckets

Implementation

Learning Context

To give participants a full body workout whilst adhering to HIIT principles. To introduce use of buckets and paddles in an aqua workout

Procedure

Warm up / introduction Set :5-10min

1. Gather participants in a circle, and get them just running with high knees on spot.
2. Pushing side to side
3. Straight lift up and push down

Encourage them to try and get knees as high to the surface as possible, but with low effort level. Aim is to just warm up and stretch.

Explain that we will be doing 3 sets of each drill set, with each set intensity will rise. Participants just have to work to their own maximum abilities (or 60%/80%/100% as sets increase in intensity, except for cool down)

If they need to take a few seconds at any point to recover, that is fine. (this helps mixed ability classes to run without interruption.

Main sets:

<u>Drill</u>	<u>sets</u>	<u>Effort %</u>	<u>rest</u>	<u>Set duration</u>	<u>Time since start</u>
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Situps or leg raises	3	60/80/100	15s	60s	10min
Easy push up	3	60/80/100	15s	60s	15min
Full push up	3	60/80/100	15s	60s	20min
Bucket lifts	3	60/80/100	15s	60s	25min
Scooping water side-side	3	60/80/100	15s	60s	30min
Bent arm bucket push down	3	60/80/100	15s	60s	35min
Punching forwards (paddles)	3	60/80/100	15s	60s	40min
Push out and in (paddles)	3	60/80/100	15s	60s	45min
Straight lift up & push down (paddles)	3	60/80/100	15s	60s	50min
<u>COOL DOWN:</u> Kicking on front	3	90/70/40	15s	45s	54min

Stretching & feedback	1	NA	NA	5min	60min
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Teaching notes

Check for Technique of execution throughout

Esp with bucket lifts and using the wall

In cool down, ask for feedback on session:

Did they feel like they workout out?

Have you done a class similar to this?

Next session

Mention some different drills / objectives for next sessions

Eg, Next week we will be focusing on swim drills and paddle drills

Growth

Mention to class that they should bring a friend if they think that they would enjoy the session



NOTE: The above workout is a sample plan which is easy to execute and easy to substitute drills into lesson plan. The times on each drill are approximate, so dont worry too much if you end up leaving a drill out if you are running out of time.