



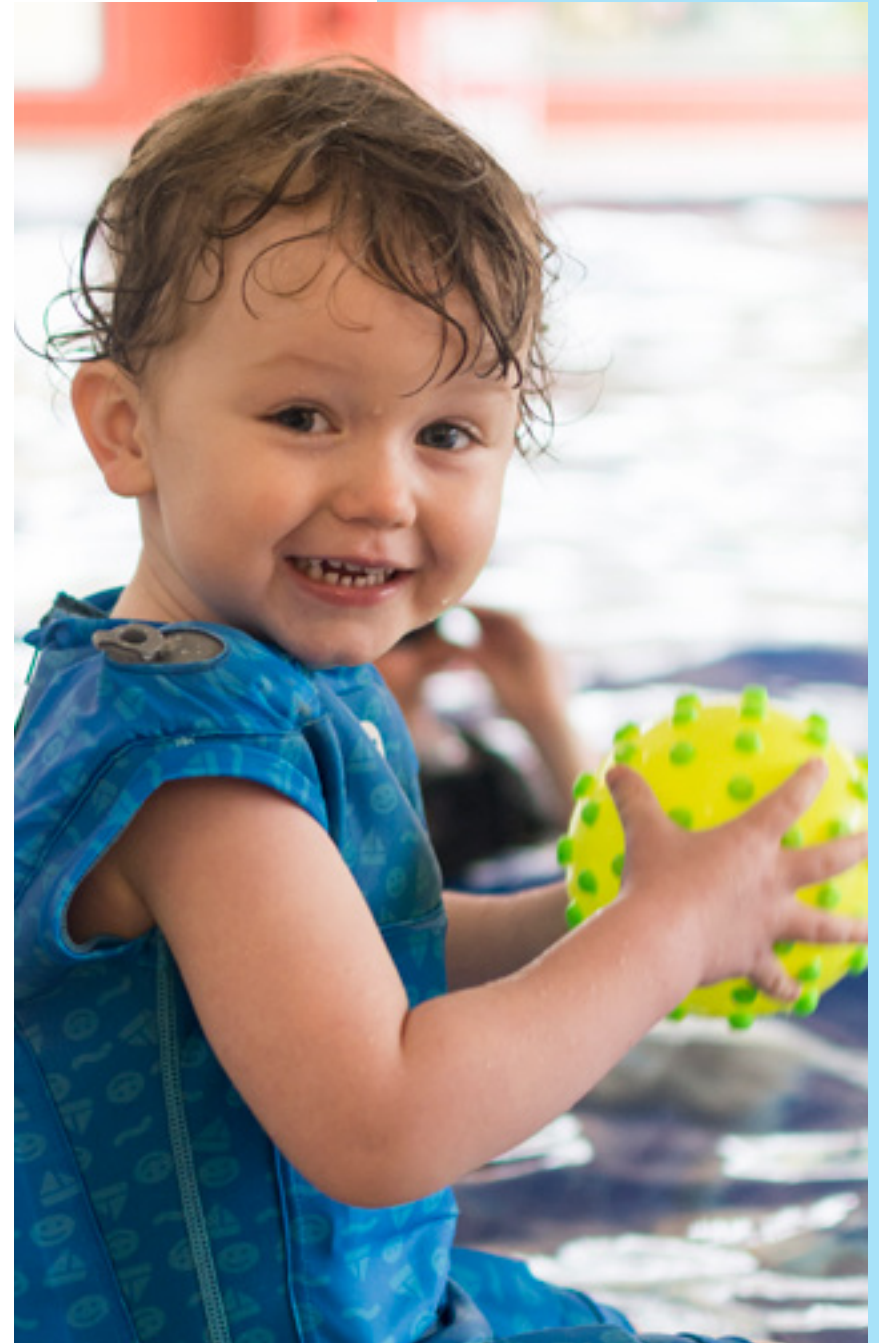
orby™

# JETSUIT SWIMMING FOR JUNIORS!

TEACH YOUR CHILD  
TO SWIM IN AN  
ORBY JETSUIT.

# WELCOME TO YOUR ORBY EXPERIENCE AND GOOD FOR YOU!

By Choosing to teach your child to swim in an orby Jetsuit you could not have given your child a better start to develop their own swimming skills!! At their own pace with an amazing bonding experience that your child will remember for the rest of their lives! Time to feel like a good parent 🥰  
Excellent!



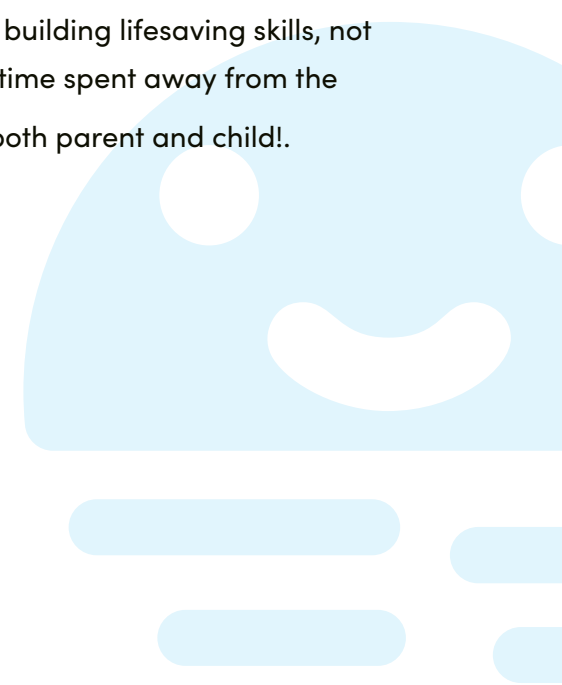


## THE ORBY STORY

Created by an expert swim coach and swim tutor the Orby Jetsuit derived from the frustration of teaching 2-6 year olds 'how to swim' – Orby makes no apology in the fact that our team had huge problems in trying to 'reason' with two and three year old children! Parents/ Guardians are handing money over to swim teacher's month in month out, year in year out with little to no progress in the confidence and swim skills of their little one! In 2015 the Orby Team decided

it was time for a change! An innovation! A quality product that would actually help kids learn to swim naturally and at their own pace allowing parents to teach their own children to become confident, independent, self-sufficient and safe in the water – ultimately **'Reinventing how we teach our kids to swim'!** The team worked with Ireland's top Universities and innovation centres, top experts in the field of swimming to develop the Orby Jetsuit.

The Jetsuit provides an amazing bonding experience for parent and child- communicating one on one, having fun, building lifesaving skills, not to mention time spent away from the screen for both parent and child!.







## DESIGN & ETHICAL SOURCING

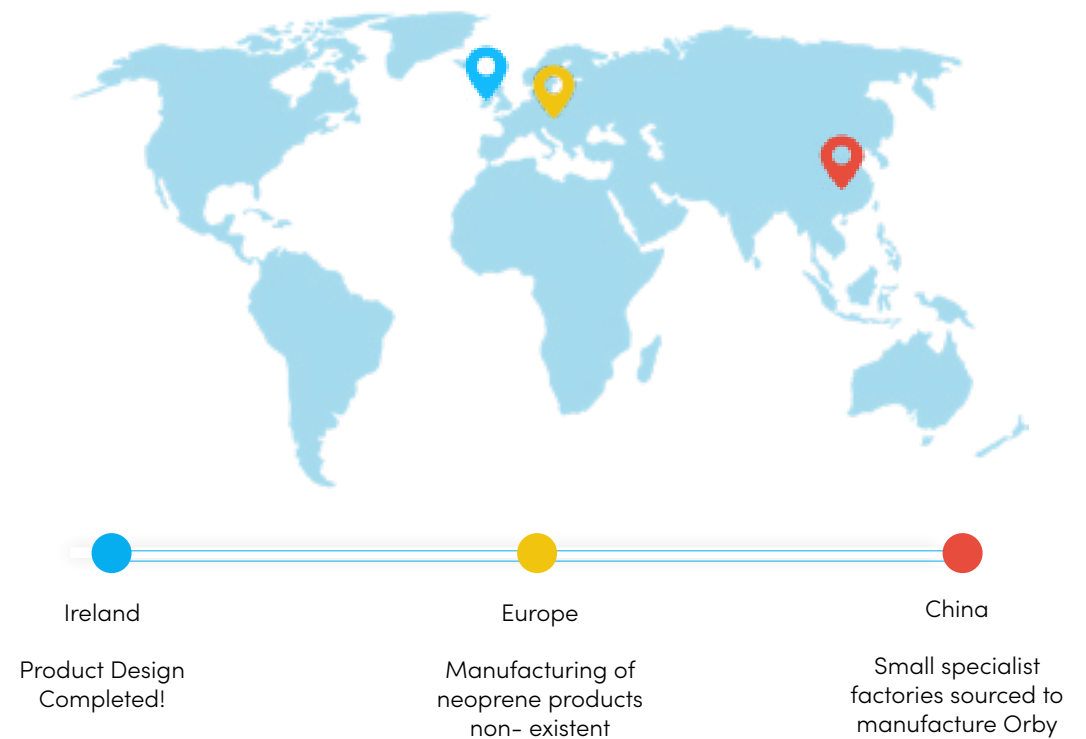
As an Irish based swim school the Orby team set about product design, prototyping, researching, physics lectures for weights and measures, interviews with mums and dads, market research of products already available on the market then asking our fantastic kids to test our new products to see how the Jetsuit really helped them develop their swim skills. After many months and painstaking redesign upon redesign we finally got there with the perfect product design. It was time to manufacture – 😊 Where to go???Where do you start???



This was indeed the hard bit!! Manufacturing for neoprene products is actually non-existent in the whole of Europe - we needed to source our materials from the capital of all things in manufacturing – yes you got it – we had to source from China. In the business world – China has been referred to the Wild Wild West! We had no option but to jump on a plane and go!!

The Jetsuit is made in three different factories. Firstly our team wanted to make sure that all factories we used were ethical keeping in line with all human rights and good working conditions. We chose small specialist factories who are now a very integral part of our Orby business and generate a premium quality product that we are all proud to be part of the Orby team.

## THE ORBY JOURNEY





## NEED TO KNOW FACTS & FIGURES

- A staggering 70% of children cannot swim! With one in three unable to swim by the time they leave primary school. Reasons include the high price of swimming lessons and the inconsistency of access to pools or seaside.
- Drowning claims the lives of almost 400,000 people worldwide per year, with hundreds of thousands more incidences going unrecorded. More than 60 children drown during the summer every year in the UK, yet the majority of these deaths are likely to have been preventable.
- Swimming has been proven to improve the sleeping and eating patterns of babies and children.

Encouraging your child to swim regularly can improve

- mental and emotional health improves strength, flexibility, stamina, hand-eye co-ordination and even improves balance.



# AWARD WINNING SWIMWEAR

Orby is an award winning and exciting range of children's swimwear designed with the development of swimming skills as the top priority. Developed in conjunction with experienced professionals from Ireland's swimming industry, as well as two of Ireland's top Universities, we are proud to introduce the next generation of swimwear for children, which we believe is the most innovative ever to come to market. Orby swimwear can help your child master the synergy of movement in the water and ultimately evolve how we teach our kids to swim.



# INTRODUCING THE ORBY JETSUIT

*Click here to watch  
our information  
video to learn more!*

**WATCH NOW** 

- Patent Design
- Thick, Superb Quality Neoprene
- Bespoke Pump & Release Buoyancy
- Air Chambers for Perfect Balance
- Sleeveless to allow Free Arm Movement
- Leg padding to promote strong swim technique
- SPF 50+



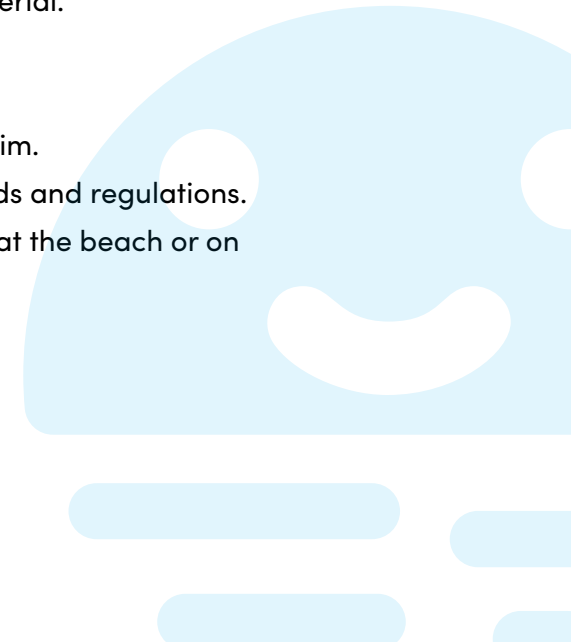




## BENEFITS OF THE JETSUIT

The Orby Jetsuit is a patented technology which enables full individual buoyancy control with a pump and release air system. This system distributes air into air chambers (lungs) in the front and rear of the Jetsuit. These are adjusted according to the swimmer's ability and confidence in the water. The Jetsuit is an innovative technology which allows the adult to measure learner progression, ability and confidence in the water.

- The orby Jetsuit is one of a kind – you will not find an air pocketed adjustable swimsuit anywhere else in the world!
- It is perfectly designed to promote proper swim skills for your child.
- It provides warmth and comfort with its super soft neoprene material.
- It saves you money on swimming lessons.
- It protects against UV rays and sunburn.
- Fun and enjoyment with you on holiday while learning how to swim.
- Meticulously designed and tested meeting all European standards and regulations.
- Cool, funky colours and design to let your child feel trendy while at the beach or on holiday, as well as staying safe while at play.



- Peace of mind for parents and guardians while staying beside the water on holiday or at the local leisure centre. Children are much less likely to remove an entire suit!!
- Synergy of movement – no-one learns to swim bobbing about in the water!
- Excellent team with expert support! Offering free advice on swimming lessons and swimming techniques.
- Able to measure your child's progression by the amount of air you pump into the suit on each visit to the pool.
- Huge steps towards your child's independence and confidence in the water.
- A healthy lifestyle option for parents embarking on activities to do with your child.
- Convenient time management – go swimming with your child when it suits you!
- The Jetsuit will enable the most novice swimmer to teach their child to swim.
- The Jetsuit forces the swimmer to work harder and therefore will become a stronger swimmer.
- The Jetsuit allows for a diagonal body shape – promoting the proper swimming position.
- The Jetsuit allows for good swimming habits especially in the area's of straight leg kicks and free arm movement.

One of the main advantages of this type of swimming aid is that the arms and legs are unrestricted and are free to move. This then has obvious advantages to experiencing the water and eventually learning to swim.





*Click here to watch  
Orby in action*

**WATCH NOW** 

## TESTIMONIALS ON JETSUIT

”

I like the fact that you can change how much buoyancy the child is getting very easily and this can also be adapted with ease during the swimming session. It is a lovely bold colour so easy to spot your child amongst the chaos of swimming pools!

”

I feel she is significantly safer in the water as it cannot slip off her like arm bands can, and she is also much more confident herself. They are easy to inflate and hold her in a perfect position for learning the first strokes. It is easy to wash out and dries quickly. She seems very comfortable in the suit and there are no rubbing points.

”

I will definitely recommend the Orby jetsuit to other mums. My daughter absolutely loves it and it has already progressed her swimming! It is easy to use and holds her in a very good position to start swimming. Much more practical than arm bands. I love the way you can gradually reduce the amount of air in the pockets as she becomes more water confident. Bright colours so easy to spot your child and ensure safety.



Click here to watch  
Orby in action

WATCH NOW 

## TESTIMONIALS ON JETSUIT



”

This product does make life a lot easier when taking a toddler swimming. You already have to take so much with you when going out to the swimming baths. Having a product that does two jobs, helps to save space and time. It also alleviates the toddler tantrums when I don't have to put armbands on to her.

”

I would choose this over and above other products on the market as I feel that it is head and shoulders above them in design. It is far more flexible in how it can be used with regards to where the child's water skill level is at. I think that it actually enables parents to teach there little one to swim with relatively little effort therefore reducing the future cost of swimming lessons. This combined with the quality of the product is such that it could be used for a second, third or possibly a fourth child so is actually very economic.

”

This product is really good, I was very impressed with it and it felt very innovative in its design. It offers UV protection, which I always look for with swim wear or swim aids. It's comfy for my little one to wear and also a great aid for learning to swim. We live very close to the beach, so having this product was helpful to me.

## HINTS & TIPS

- On receiving your new Jetsuit – please be aware that it is sent flat packed – you will be required to pump more times than usual to get the air pumping through the suit! Once the air flow is established it is easy to adjust! Please note the pumps located at top of shoulders are incorporated into the front and back air chambers – therefore, one pump for front chamber and one pump for back air chamber.
- Please fit your child with the suit and pump to the max! Once child is in the water you can then adjust using the release valves at the back of the suit – to establish the perfect buoyancy for your child’s height and weight. **IF YOU’RE CHILD SPINS OR TUMBLES IN THE WATER THERE IS TOO MUCH AIR IN THE SUIT – KEEP RELEASING!!!!**
- Never let a child go if they have any fear in the water, **PATIENCE IS A VIRTUE** – never force or push your child to let go of you. Once they are confident enough they will let go naturally – focus on fun, comfort, smiles and a nice time.
- **RELAX** your child is gleaning your energy – so make it fun in the water!
- Encourage your child to make big arms in the water, like a Dragon or a Rainbow! Scoop the ice-cream is awesome for front crawl! Making pizza for big circle arms or breast stroke – Demonstrate these movements to your child.

*Click here to find  
out more*

**WATCH NOW** 

- Use a ball or see if you can have your child splash you with their kicks in the water – big strong kicks!
- Show your child bubble blowing in the water – this practice demonstrates that we blow out in the water – ‘not swallow’!!
- As child gets stronger begin by releasing the front air chamber – this enables better position for proper swimming and higher leg kicks! REMEMBER no-one learns how to swim bobbing around in the water –adjust the air progressively so we have to try, effort, move, kick, push!!!
- Constantly encourage and praise your child.

At Orby we play by a different rule book! Be creative with your child, pick and use their favourite characters, songs and fun time activities and incorporate them into swim time!

At the Orby Swim school we love to use dragons, dinosaurs, rainbows and fairies. We love to sing songs with our little ones and have great fun chasing our little ones around the pool enthusiastically with a happy energy bringing joy to our daily life. The idea is that the child will understand for themselves their own ability in the water, growing stronger, more confident with actual swimming skills with each and every visit.

*Click here to find  
out more*

**WATCH NOW** 





# LESSONS PLANS

## WEEK 1-6 WEEKS

### Week one:

First use of Jetsuit. Dedicating a time and place to bring your toddler/ Child to the pool. Make sure the Jetsuit is fitted.

### Week two:

Kicking legs and arms, songs, fun.  
Independence and confidence

### Week three:

Independence, confidence & rhythmic breathing.

### Week four:

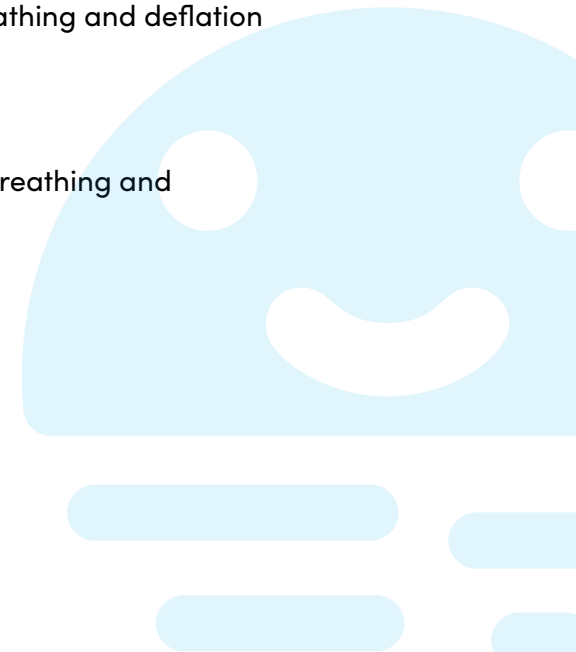
Front crawl

### Week five:

Leg kicks, front crawl , rhythmic breathing and deflation

### Week six:

Complete independence, practice breathing and co-ordination.



The Orby Jetsuit is a patented technology which enables full individual buoyancy control with a pump and release air system. This system distributes air into air chambers (lungs) in the front and rear of the Jetsuit. These are adjusted according to the swimmer's ability and confidence in the water. The Jetsuit is an innovative technology which allows the adult to measure learner progression, ability and confidence in the water.

- A competent adult swimmer should enter the water with the child.
- The adult should measure the amount of buoyancy the child has in the water.
- If there is too much air, the adult can release air from the valves at the back of the suit, adjusting front and rear chambers according to appropriate balance of the child. – The optimum buoyancy is when the child is sinking slowly and needs to move in order to stay afloat.
- The Jetsuit is to aid the movement of swimming by promoting movement from the child. (To remove air from the chambers, open up the valves at the back of the suit and pinch the base of the valve while lightly pressing on chambers to release the air).
- If the child is too low and is struggling in the water, add air to both the front and back chambers as needed, by pumping into the air pumps on shoulders.



# LESSONS PLAN 1

LESSON PLAN	COURSE/GROUP	ORBY JETSUIT WORKSHOP	DATE	N/A
One	Parent or Guardian		Time	
			Room	

## TOPIC/SUBJECT: LITTLE SPLASHERS – ORBY JETSUIT – LESSON ONE

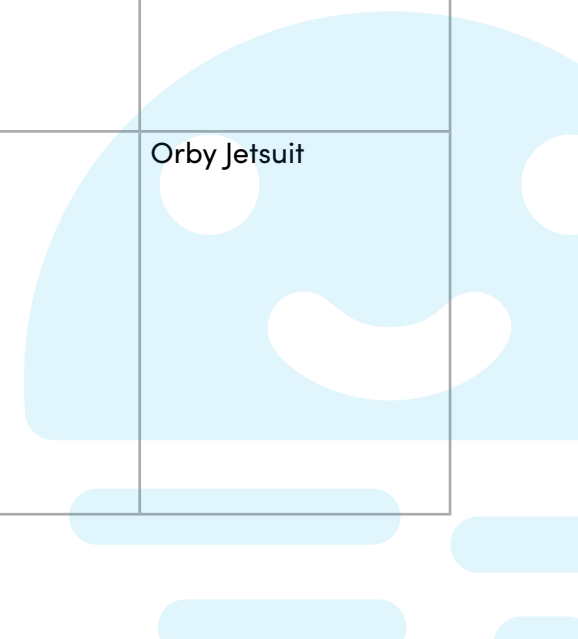
Intended Learning Outcomes – By the end of the course learners will be able to:	Materials
<ol style="list-style-type: none"> <li>1. Respond confidently – to song! Engagement with parent.</li> <li>2. Swim independently with Jetsuit.</li> <li>3. Kick legs in water – spread arms into water</li> <li>4. Blowing bubbles and rhythmic breathing.</li> <li>5. Understanding of sensory sounds and movements</li> <li>6. Singing of songs and playing of games inc, Baby shark, wheels on bus.</li> </ol>	<ul style="list-style-type: none"> <li>• Waterproof nappy if child is not potty trained</li> <li>• Floating balls</li> <li>• Orby Jetsuits</li> <li>• Swimming noodles</li> </ul>

TIMING	PARENT OR GUARDIAN ACTIVITY (STRATEGY) BEGINNING	CHILD ACTIVITY (STRATEGY) MIDDLE	ASSESSMENT (STRATEGY) END	RESOURCE/ ILT/ LEARNING STYLE
0-5mins - Introduction to group and children – fitting of appropriate buoyancy of Jetsuit	Enter pool SAFELY! Introduction Song. Making sure of positive response from child. Parent should make good eye contact and smile.	Comfortable in the water, still holding on to parent.	No crying children.- Show bouncy motion to calm any distressed kiddies.	All children have fitted Jetsuits.



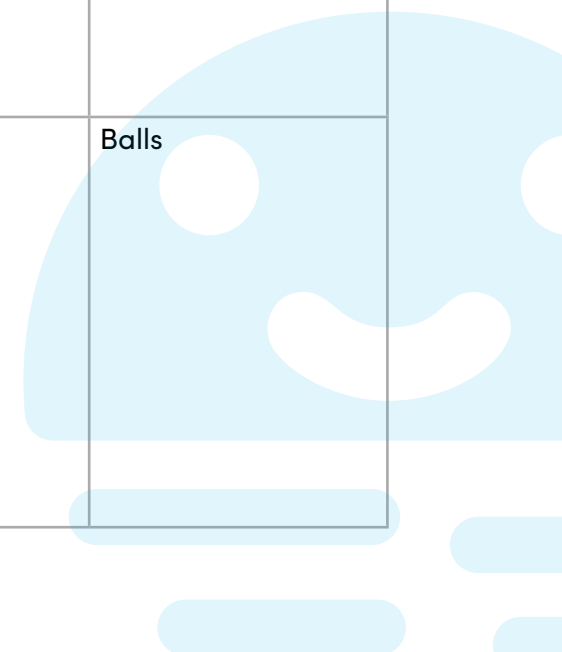
# LESSONS PLAN 1

TIMING	PARENT OR GUARDIAN ACTIVITY (STRATEGY) BEGINNING	CHILD ACTIVITY (STRATEGY) MIDDLE	ASSESSMENT (STRATEGY) END	RESOURCE/ ILT/ LEARNING STYLE
5-10Mins	<p>As an intro to the session- the parent and child are together - the parent using a swim noodle will explain it as a MAGIC wand!! The child will practice, kicking legs, blowing bubbles, scooping ice cream arms, drawing rainbow arms in the water. The noodle casts a spell on the child hinting at its magic powers, super kicking, super arms, super bubbles. The parent then selects activities and with noodle 'Abracadabra' – super arms, super kicking, super bubbles etc. making sure to the child understands each of the practices.</p>	<p>Child should enjoy having fun and quality time with the parent – bonding and enjoying the water.</p>		Swimming noodles.
10-12 Mins	<p>Fun song of 'wheels on the bus' – when the wheels go round and round, ensure the child in jetsuit is turning themselves around, independent from parent.</p>	<p>Signs of independence</p>		Orby Jetsuit



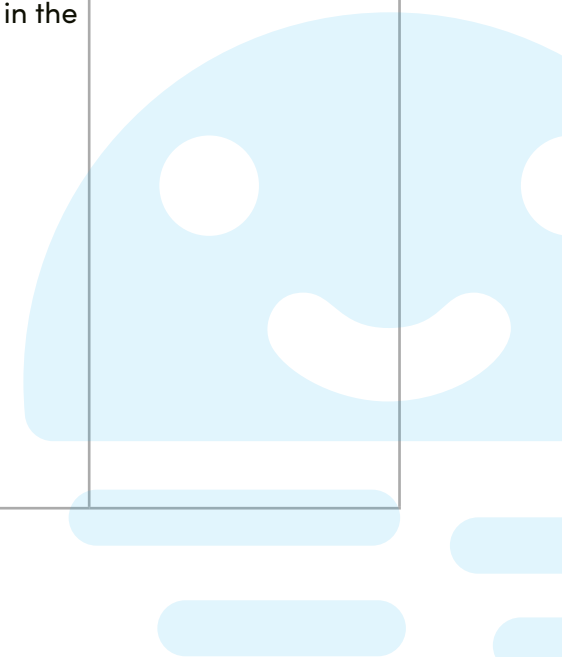
# LESSONS PLAN 1

TIMING	PARENT OR GUARDIAN ACTIVITY (STRATEGY) BEGINNING	CHILD ACTIVITY (STRATEGY) MIDDLE	ASSESSMENT (STRATEGY) END	RESOURCE/ ILT/ LEARNING STYLE
12-20 Mins	<p>Nose to Ball relay – Using two balls. Each Player gets one ball. They must take turns in relay style to push the ball up to the chosen location – parents should decipher distance of getting to the ball for the child, making sure not to overwhelm the child with too much distance – without holding the ball but pushing it up with their hands using their swimming strokes (scoop ice cream or rainbow) passing it over to the parent when they get to the ball. This is a great opportunity for parents to let go of child in water and ‘say faster faster’ creating loads of movement and propulsion in the suit. Communicating, big arms and having fun. .... Legs must be behind – kicking fast and hard.</p>	<p>Progression of independence in the water. Comfortable, fun with a sense of accomplishment.</p>	<p>It is important for parent to assess the child’s confidence in a patient and measured way. The child must be comfortable and having fun.</p>	<p>Floating Ball * 2</p> <p>All children have fitted Jetsuits.</p>
20-25 Mins	<p>Once complete – there must be lots of praise and encouragement, as most children will have had their first independent swim.</p>	<p>Individual time needed for child to build up confidence in the Jetsuit.</p>		<p>Balls</p>



# LESSONS PLAN 1

TIMING	PARENT OR GUARDIAN ACTIVITY (STRATEGY) BEGINNING	CHILD ACTIVITY (STRATEGY) MIDDLE	ASSESSMENT (STRATEGY) END	RESOURCE/ ILT/ LEARNING STYLE
25-30 Mins	Parent and child will have fun time together now to measure and progress the child's independence. Chasing the ball while praising the child's excellent swim skills. A great way to enjoy this time is too, race with the child – 'who can get the ball first' – of course allowing the child to win at finding the ball first. Creating confidence and achievement.	Individual time needed for child to build up confidence in the Jetsuit.		
25-35 Mins	Baby shark song!!! Again the parent is Hungry shark and all the Jetsuit swimmer are baby shark. In order for the shark not to get them – they must kick legs hard and show big arms. Always remember to keep this fun and not to scare your child.	Full participation, fun and development of confidence.	Great opportunity for parent to see the child's participation and confidence in the water.	Orby Jetsuit.



# LESSONS PLAN 2

LESSON PLAN	COURSE/GROUP	ORBY JETSUIT WORKSHOP	DATE	N/A
Two	Parent or Guardian		Time	
			Room	

## TOPIC/SUBJECT: LITTLE SPLASHERS – ORBY JETSUIT - LESSON 2

Intended Learning Outcomes – By the end of the course learners will be able to:

7. Kick legs in water – spread arms into water
8. Hold onto wall independently – rotate and reach out.
9. Singing of songs and playing of games inc, Baby shark, wheels on bus.
10. Great fun and confidence in the water. Underpin child's confidence in the water.

Materials

- Waterproof nappy if child is not potty trained
- Floating balls
- Orby Jetsuits

TIMING	PARENT OR GUARDIAN ACTIVITY (STRATEGY) BEGINNING	CHILD ACTIVITY (STRATEGY) MIDDLE	ASSESSMENT (STRATEGY) END	RESOURCE/ ILT/ LEARNING STYLE
0-5 Mins  Introduction to water and fitting of appropriate buoyancy of Jetsuit	Enter pool SAFELY!  Introduce child into water with ease and patience, plenty of smiles and relaxed demeanour.  Introduce an exercise & Game of 'Pirates Ahoy'.  You are the Captain of your Pirate Ship. Your child is the ship boy/ girl! You have a list of commands as the Captain:	Comfortable in the water, still holding on to parent.	No crying children.- Show bouncy motion to calm any distressed kiddies.	All children have fitted Jetsuits.

# LESSONS PLAN 2

TIMING	PARENT OR GUARDIAN ACTIVITY (STRATEGY) BEGINNING	CHILD ACTIVITY (STRATEGY) MIDDLE	ASSESSMENT (STRATEGY) END	RESOURCE/ ILT/ LEARNING STYLE
5-10 Mins	<ul style="list-style-type: none"> <li>• <b>Salute the Captain</b> – Kids stand still an tall and salute you.</li> <li>• <b>Climb the Crows Nest</b> – Kids simulate climbing a ladder – reach &amp; Pull! (Simulating that of a front crawl)</li> <li>• <b>Ship Ahoy</b> – There she blows – Kids jump and flop sideways like a breaching whale – you can show your child to blow big blows from their mouth as they flop to the side. Pretending they are a whale in the ocean.</li> <li>• <b>Submarine</b>- Kids lay on their back in the water and raise one leg up like a periscope.</li> <li>• <b>Man Overboard</b> – Parent pretends to struggle in the water and child must rescue them.</li> </ul>	Independence in the water and getting ready to have fun and show big swimming skills in the water.		Orby Jetsuit.  Swimming noodles.
10-12 Mins	A nice warm-up and fun activity to do while your child relaxes and get wet!	Signs of independence, strengthening of distance and stamina in the water.		All children have fitted Jetsuits.  Balls



# LESSONS PLAN 2

TIMING	PARENT OR GUARDIAN ACTIVITY (STRATEGY) BEGINNING	CHILD ACTIVITY (STRATEGY) MIDDLE	ASSESSMENT (STRATEGY) END	RESOURCE/ ILT/ LEARNING STYLE
12-20 Mins	<p>Once complete – there must be lots of praise and encouragement, as most children will have had their first independent swim.</p> <p>PUSH &amp; GLIDE</p> <p>Staying afloat as we swim is all about making our body as efficient as possible as we move through the water. Our body has to cut its way through the water and correct swimming technique is essential for this to happen. _This is where you adjust your childs jetsuit to correct the appropriate swimming position, Diagonal yet still afloat – this will happen as you adjust front air chamber.</p> <p>Creating confidence and achievement.</p>	<p>Progression of independence in the water</p>	<p>Progression as the front chamber is deflated, creating a better diagonal position in the water.</p>	<p>Balls</p>
20-25 Mins	<p>Baby shark song!!! Again the teacher is Hungry shark and all the Jetsuit swimmers are baby shark. In order for the shark not to get them – they must kick legs hard and show big arms. Always remember to keep this fun and not to scare the kids.</p>	<p>Individual time needed for child to build up confidence in the Jetsuit.</p> <p>Child should be enjoying the baby shark activity – having fun with parent.</p>	<p>Strength and stamina creation, the child will tire quickly during this activity and progress will be noted.</p>	<p>Orby Jetsuit.</p>

# LESSONS PLAN 3

LESSON PLAN	COURSE/GROUP	ORBY JETSUIT WORKSHOP	DATE	N/A
Three	Parent or Guardian		Time	
			Room	

## TOPIC/SUBJECT: LITTLE SPLASHERS – ORBY JETSUIT – LESSON THREE

Intended Learning Outcomes – By the end of the course learners will be able to:

Objectives:

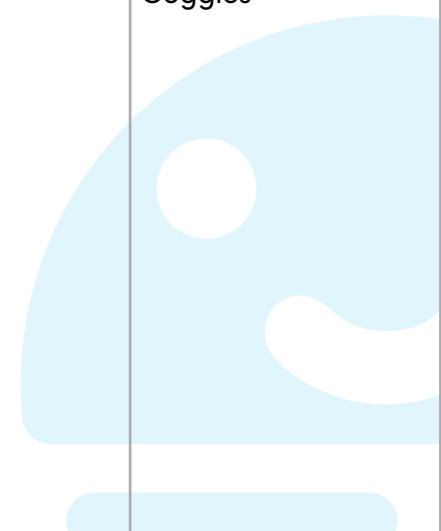
- Rhythmic Breathing
- Submerging
- Slight adjusting of front chambers in the jetsuit'

Materials

- Waterproof nappy if child is not potty trained
- Goggles
- Orby Jetsuits

TIMING	PARENT OR GUARDIAN ACTIVITY (STRATEGY) BEGINNING	CHILD ACTIVITY (STRATEGY) MIDDLE	ASSESSMENT (STRATEGY) END	RESOURCE/ ILT/ LEARNING STYLE
0-5 Mins  Introduction to water and fitting of appropriate buoyancy of Jetsuit	Enter pool SAFELY!  Practice previous weeks exercises and techniques: Holding on to wall independently, rotating to parent from wall: independence in the Jetsuit.	Delighted to be back in the pool and feeling happy and confident.		

# LESSONS PLAN 3

TIMING	PARENT OR GUARDIAN ACTIVITY (STRATEGY) BEGINNING	CHILD ACTIVITY (STRATEGY) MIDDLE	ASSESSMENT (STRATEGY) END	RESOURCE/ ILT/ LEARNING STYLE
5-15 Mins	<p>Octopus Game</p> <p>Participants attempt to get from one side of the pool to the other without being tagged by the octopus. The Octopus must stay in the middle of the pool, but can move up or down. If the player submerges under the water ( head and eyes in water) the player cannot be tagged. This can be a lot of fun and really gets the kids excited and swimming all at the same time.</p>	<p>The Octopus game will encourage your child to push &amp; Glide from the side of the pool to the middle. Parents will remain in middle of pool playing the Octopus. Child should understand that when they dunk their head in the water the Octopus cannot tag them. This will encourage submersions and blowing bubbles into the water.</p>		
15-25 Mins	<p>Mins: Hide duckies hide: a good introduction to submerging – And breathing technique. This is where you demonstrate to your child the deep breaths when entering the water equipment needed will be goggles. Explain to your child that they are going to be the ducks and when ducks are happy they dance (swim) and when ducks are scared they hide under the water. Ducks are happy when they see people, cats, dogs, butterflies etc. but they are scared when they see crocodiles. Then begin to tell the story of visitors to the pond. You can even use the song – three little ducks went swimming one day – along came a crocodile – HIDE DUCKIES HIDE!!! Just a submersion to start with, then suggest if they blow bubbles the Crocodile will swim away and they will be safe again.</p>	<p>Hide duckies hide encourages and underpins submerging. Child will learn to take deep breaths before dunking their heads in the water.</p>		<p>Orby Jetsuit</p> <p>Goggles</p> 

# LESSONS PLAN 4

LESSON PLAN	COURSE/GROUP	ORBY JETSUIT WORKSHOP	DATE	N/A
Four	Parent or Guardian		Time	
			Room	

## TOPIC/SUBJECT: LITTLE SPLASHERS – ORBY JETSUIT – LESSON FOUR

Intended Learning Outcomes – By the end of the course learners will be able to:

Objectives:


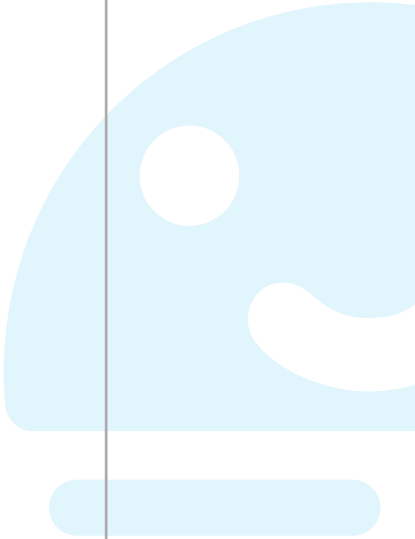
- Rhythmic Breathing
- Submerging
- Slight adjusting of front chambers in the jetsuit'

Materials

- Waterproof nappy if child is not potty trained
- Goggles
- Orby Jetsuits

TIMING	PARENT OR GUARDIAN ACTIVITY (STRATEGY) BEGINNING	CHILD ACTIVITY (STRATEGY) MIDDLE	ASSESSMENT (STRATEGY) END	RESOURCE/ ILT/ LEARNING STYLE
0-5 Mins	Practice previous weeks exercises and techniques: Holding on to wall independently, rotating to parent from wall: independence in the Jetsuit. As well as fitting Jetsuit and goggles securely. REMEMBER WE WANT THE FLOTATION TO BE MINIMAL TO KEEP CHILD MOVING.	Delighted to be back in the pool and feeling happy and confident.		Orby Jetsuit Goggles

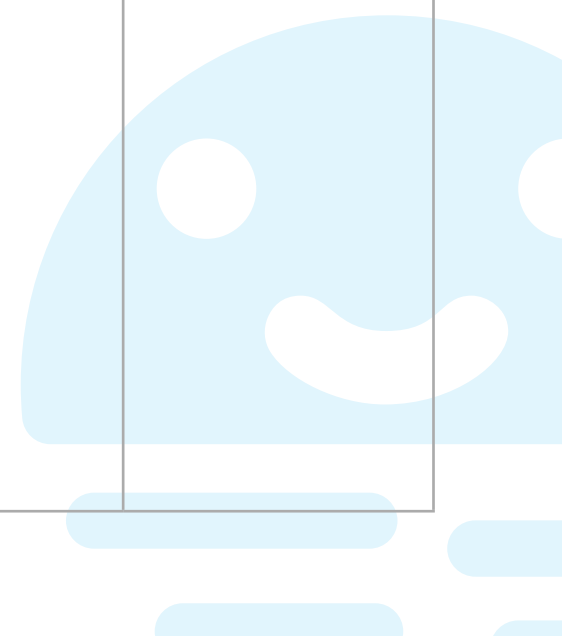
# LESSONS PLAN 4

TIMING	PARENT OR GUARDIAN ACTIVITY (STRATEGY) BEGINNING	CHILD ACTIVITY (STRATEGY) MIDDLE	ASSESSMENT (STRATEGY) END	RESOURCE/ ILT/ LEARNING STYLE
5-15 Mins	<p>Scooping Ice cream for front crawl &amp; drawing rainbows in the water for boys or fairy arms for girls. Participants attempt to get from one side of the pool to the other scooping ice-cream – parent must demonstrate the child's hand as a scoop and the big arms to scoop the water backward to propulse the child forward in their jetsuit. If the child submerges under the water head and eyes in water – parent offers great praise and encouragement. This can be a lot of fun when parent participants in a race with enthusiasm and smiles.</p>	<p>During this session your child should be really getting their confidence in the Orby Jetsuit. It is during this time that the child must really practice their swim skills.</p>		<p>Orby jetsuit</p> <p>Goggles</p>
15-25 Mins	<p>Good technique development with arms as child's confidence increases. – Encourage child to push through with their arms past their thigh area. A deeper arm in the water offers more propulsion and will move the child faster – use the term, 'Go faster' to begin building the child's stamina in the water. Encourage a smooth continuous action with the arms. AS child increases stamina and grows in confidence – building speed, decrease the air from the front chamber of the Jetsuit – this will offer better body position to encourage child to kick from the hips. Strong hip leg kicks should be encouraged.</p> <p>Once child has a good movement in the water and understands the propulsion – use the 'push &amp; glide' from wall to begin races with the child from end of the pool to the other.</p> <p>Your child will get tired quickly from all this exercise</p> 			



# LESSONS PLAN 4

TIMING	PARENT OR GUARDIAN ACTIVITY (STRATEGY) BEGINNING	CHILD ACTIVITY (STRATEGY) MIDDLE	ASSESSMENT (STRATEGY) END	RESOURCE/ ILT/ LEARNING STYLE
25-30 Mins	<p>Play time – ensure your child is having fun and you can use the fun games from previous weeks activities – pick your child’s favourite – ‘baby shark – is good to use, as if the child must use their front crawl to hip kicks to get away from mummy/ daddy shark.</p>			



# LESSONS PLAN 5

LESSON PLAN	COURSE/GROUP	ORBY JETSUIT WORKSHOP	DATE	N/A
Five	Parent or Guardian		Time	
			Room	

## TOPIC/SUBJECT: LITTLE SPLASHERS – ORBY JETSUIT – LESSON FIVE

Intended Learning Outcomes – By the end of the course learners will be able to:

Objectives:

- Rhythmic Breathing
- Submerging
- Holding on to wall independently,
- Rotating to parent from wall
- Independence in the Jetsuit

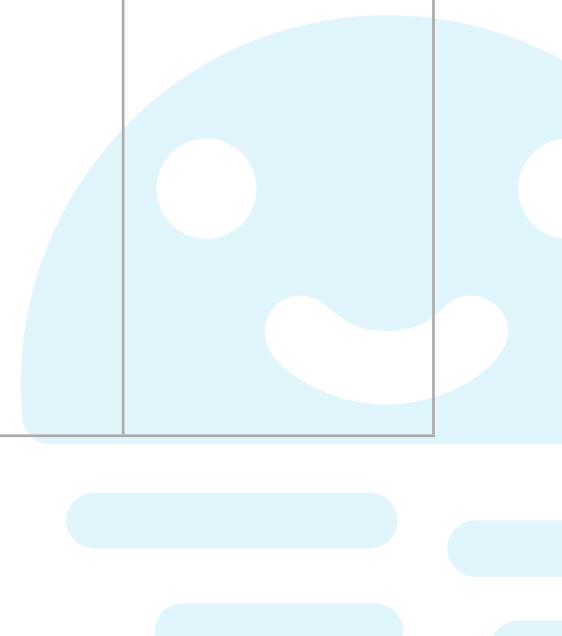
Materials

- Waterproof nappy if child is not potty trained
- Orby Jetsuits

TIMING	PARENT OR GUARDIAN ACTIVITY (STRATEGY) BEGINNING	CHILD ACTIVITY (STRATEGY) MIDDLE	ASSESSMENT (STRATEGY) END	RESOURCE/ ILT/ LEARNING STYLE
0-10 Min	<p>Introduce child into water with ease and patience, plenty of smiles and relaxed demeanour. Repeat previous weeks. Sing your child's favourite song.</p> <p>Deflate the entire front chamber of Jetsuit.</p>			

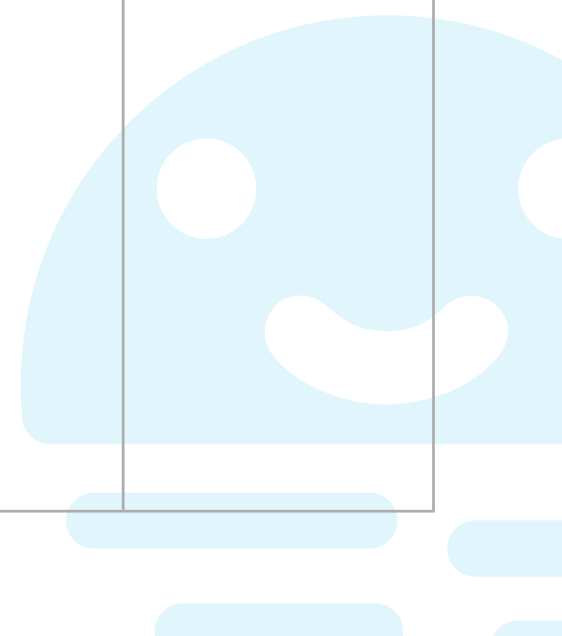
# LESSONS PLAN 5

TIMING	PARENT OR GUARDIAN ACTIVITY (STRATEGY) BEGINNING	CHILD ACTIVITY (STRATEGY) MIDDLE	ASSESSMENT (STRATEGY) END	RESOURCE/ ILT/ LEARNING STYLE
10-20 Mins	<p>Leg kicks – Have your child hold onto the side of pool and ask your child to kick – stand further behind the child and ask him/her to splash you with their legs – have fun and laugh when child splashes their legs above the water.</p> <p>Ask child to turn around onto the back and see if child can balance in jetsuit and kick legs to splash you again. Direct child to hold head back to better position to bring legs to surface for bigger splashes. Start a kick war with your child to help increase confidence – making it fun.</p>			
20-30 Mins	<p>Scooping Ice cream for front crawl &amp; drawing rainbows in the water for boys or fairy arms for girls.</p> <p>Participants attempt to get from one side of the pool to the other scooping ice-cream – parent must demonstrate the child's hand as a scoop and the big arms to scoop the water backward to propulse the child forward in their jetsuit. If the child submerges under the water: – head and eyes in water – parent offers great praise and encouragement. This can be a lot of fun when parent participants in a race with enthusiasm and smiles.</p>			



# LESSONS PLAN 5

TIMING	PARENT OR GUARDIAN ACTIVITY (STRATEGY) BEGINNING	CHILD ACTIVITY (STRATEGY) MIDDLE	ASSESSMENT (STRATEGY) END	RESOURCE/ ILT/ LEARNING STYLE
20-30 Mins Cont.	<p>Shark &amp; Minnow game – a great game for ending the session, as it interlinks all participants. Form a circle holding hands, apart from two people. One is the Minnow (baby fish) and the other is the Hungry Shark (probably teacher). The circle of arms is the net to help save the Minnow from the shark by letting it in and out as needed. The arms come down to block the shark and save the Minnow. The ‘net’ can call out instructions to the Minnow to help it.</p> <p>Use this time to build big movements, stamina, pace and confidence in arms and legs.</p>			



# LESSONS PLAN 6

LESSON PLAN	COURSE/GROUP	ORBY JETSUIT WORKSHOP	DATE	N/A
Six	Parent or Guardian		Time	
			Room	

## TOPIC/SUBJECT: LITTLE SPLASHERS – ORBY JETSUIT – LESSON SIX

Intended Learning Outcomes – By the end of the course learners will be able to:

Objectives:

- Respond confidently – to song! Engagement with parent.
- Swim independently with Jetsuit.
- Kick legs in water – spread arms into water
- Blowing bubbles and rhythmic breathing.
- Understanding of sensory sounds and movements
- Singing of songs and playing of games inc, Baby shark, wheels on bus.

Materials

- Waterproof nappy if child is not potty trained
- Orby Jestuits.

TIMING	PARENT OR GUARDIAN ACTIVITY (STRATEGY) BEGINNING	CHILD ACTIVITY (STRATEGY) MIDDLE	ASSESSMENT (STRATEGY) END	RESOURCE/ ILT/ LEARNING STYLE
0-30 Min	At this stage Jetsuit learners should be completely independent in their suit, with front panel mostly deflated.			

# LESSONS PLAN 6

TIMING	PARENT OR GUARDIAN ACTIVITY (STRATEGY) BEGINNING	CHILD ACTIVITY (STRATEGY) MIDDLE	ASSESSMENT (STRATEGY) END	RESOURCE/ ILT/ LEARNING STYLE
0-30 Mins Cont.	<p>Bonding experience with parent and child relationship should be well established and techniques from previous weeks can be demonstrated and performed by both parent and child. The parent should see where the child needs more work, i.e. rhythmic breathing and submerging, leg kicks or big arm movements. The parent should be much more confident when working with child in water and be brave to deflate the suit in the back panel much more. The child's stamina should have also improved by week six and parent should see huge improvement of swimming skill and confidence in the water.</p> <p>Parent should focus on positioning of child at this stage, legs are diagonally behind the child whilst they kick and head should try and be directed downward toward the water and tucked between the arms while child scoops the water deep and backward direction.</p>			

## REFLECTION

Overall it is a bonding experience and each child will progress at their own 'individual' rate. It is about 'bonding; enjoyment and confidence; in the water! I have developed this successful programme and nearly always guarantee a successful conclusion for both parent and baby.

Lee-Anne xx