

LESSON PLAN (on/off the water)

Name _____

Topic: Clothes

Level: ITS

Aim/Objective: Teach kids about appropriate clothing

Introduction:	Resources/Notes:
<p>Why do we change our clothes based on the weather? Safety!!!</p>	
Lesson Steps:	
<ul style="list-style-type: none">• Clothes worn in hot weather• Clothes worn in cold weather• Safety reasons for wearing them why do we care about clothes. <p>Boots sometimes needed so always know the location you're sailing at.</p>	
Summary:	
<p>What were the 3 main points?</p>	

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Diagrams/Drills (3 Drills minimum):

- Put life jackets on backwards. When I say go you must take it off and put it back on the correct way. First person wins.
- Relay race to put on as much sitting gear as possible.
- Get changed from cold weather gear to hot as quick as possible.

Questions to Ask/Review Lesson:

What sort of hot weather gear do you need?

What sort of cold weather gear do you need?

Evaluation of Lesson/Improvements for Next Time: