



# The ABC Lesson

## Section A Introductions

|   |                                       |    |
|---|---------------------------------------|----|
| 1 | Personal Introduction                 |    |
| 2 | Equipment Issue                       |    |
| 3 | General Beach Safety                  | ** |
| 4 | Format of Lesson                      |    |
| 5 | Carrying Board                        |    |
| 6 | Action of Leaving Group (Head Count)  | ** |
| 7 | Recall & other Signals (Buddy System) | ** |

## Section B Prone Surfing

|    |   |           |
|----|---|-----------|
|    | <b>* Warm Up</b>                        | <b>**</b> |
| 8  | Instruction Semi Circle                 |           |
| 9  | Parts of Board (Leash)                  | **        |
| 10 | Entry into Sea - Correct Method - Depth | **        |
| 11 | Catching Wave - Prone Position          |           |
| 12 | Correct Hand & Body Position (Trim)     |           |
| 13 | Stopping Board                          | **        |
| 14 | Action On Wipeout                       | **        |
| 15 | Recap of Signals                        | **        |
| 16 | Action On leaving Group                 |           |
| 17 | In water demonstration by Instructor    | **        |
| 18 | Student in water supervised practice    |           |

## Section C Standing

|    |  |    |
|----|--|----|
| 19 | Catching Wave - Introduce Paddling- timing & technique                                 |    |
| 20 | Pop/ Jump up techniques ( whole & part demos & practice), Alternative methods ie knees |    |
| 21 | Repetition - Fault Correction, Feedback  |    |
| 22 | Leash Foot   |    |
| 23 | Control of Board   | ** |
| 24 | Action on Wipeout  | ** |
| 25 | Reinforce Recall & Signals   | ** |
| 26 | Action on Leaving Group  | ** |
| 27 | In water demonstration by instructor   |    |
| 28 | Student in water supervised practice   | ** |
| 29 | Cool Down  | ** |
| 30 | Conclusion of lesson/ de brief   |    |

**\*\* Indicates Main Safety Points**

**\* A Warm Up session must be included prior to the group beginning any strenuous activity. The exact timing for this will depend upon the lesson structure used for the session**