

Session Planning Made Simple

How to structure a 60-90 minute session

Why Planning Matters

A good session plan helps Age Managers feel calm, prepared and flexible. It also helps children move through the session with less waiting around, less confusion and more opportunities to learn.

The Age Guides are there to support you. They provide lesson ideas and a clear skill pathway, which means you do not need to invent something new every week.

Start With Three Questions

Before planning any session, ask yourself:

- **What is the main learning focus today?**
- **What will work in the conditions we have?**
- **How will I keep the group safe, moving and engaged?**

A Simple 60-90 Minute Structure

A practical Nippers session often works best when broken into clear blocks.

1. Arrival And Group Set-Up (5-10 Minutes)

Use this time to gather the group, check attendance, settle energy and explain the session.

Keep instructions short and establish where the group will meet, where equipment is going and what the expectations are.

2. Safety Brief Or Beach Education (15-20 Minutes)

Start with one key surf awareness, safety or beach topic. This might be conditions, flags, rips, sun safety, communication or another age-appropriate lesson from the Age Guide.

Keep this section practical and interactive rather than lecture-based.

3. Main Skill Activity One (15-20 Minutes)

Move into a focused activity that teaches or reinforces one key skill. Demonstrate the skill, let the group practise and coach them as they go.

4. Reset, Drink Or Transition (5 Minutes)

Use a short reset to bring everyone back together, check energy levels and set up the next part of the session.

5. Main Skill Activity Two (15-20 Minutes)

This can build on the first activity, introduce a different skill or let the group apply what they have learned in a fun way.

6. Game, Relay Or Group Challenge (10-15 Minutes)

A game or challenge is a great way to keep learning fun. It can also reinforce teamwork, confidence and participation.

7. Wrap-Up And Debrief (5 Minutes)

Finish by recognising effort, reinforcing one learning point and thanking everyone involved.

A Good Session Usually Includes

Try to balance these elements across your session and across the season:

- **Safety and surf education.**
- **Skill development.**
- **Movement and energy.**
- **Fun and variety.**
- **Clear transitions.**
- **A strong finish.**



Planning Tips That Make Life Easier

Keep the number of activities realistic. Two strong activities are better than trying to squeeze in five rushed ones.

Have equipment ready before the group arrives where possible.

Build in transition time. Moving children, changing equipment and regrouping always takes longer than you think.

Work with other Age Managers where it makes sense, especially for shared activities or combined explanations.

Use the Age Guides as your base and then adapt to your beach, your club and your group.

Plan For The Conditions

Every session should include a backup option. Wind, storms, flat water, heavy surf, heat and beach crowding can all change the shape of your program.

Think about what can move onto the sand, into shade or into a dry-land game if conditions shift during the session.

Plan For Different Learners

Not every Nipper will move at the same speed. Build in ways for children to succeed at different levels.

That might mean smaller groups, extra demonstration, a buddy system, simplified instructions or different challenge levels within the same activity.

A Simple Planning Template

Use this quick framework when planning:

- What is the purpose of the session?
- What is the main skill or topic?
- What is the first activity?
- What is the second activity?
- What is my backup plan?
- How will I finish the session?

Final Thought

A good plan does not lock you in. It gives you a structure so you can adapt with confidence. The aim is not to run a perfect timetable - it is to run a safe, engaging session that works for the children in front of you.

