

I LOVE H2O Polo

Elementary School Program

Grades 4-7

*Developed By: Justin M. Mitchell, Head Coach,
Fraser Valley Water Polo Club, 30-09-08*

I LOVE H2O Polo

is a developmental and recreational aquatic program for boys and girls ages 9 through 12 years. Children learn introductory water polo skills in a fun, safe, & educational environment



I LOVE H2O Polo PROGRAM GOALS:

- ✦ Facilitate Learner acquisition of basic water polo skills; rules of the game & team tactics
- ✦ Introduce Learner to the benefits of water safety, physical fitness, teamwork & sportsmanship through development of skills fundamental to the sport of water polo.

LEARNER OBJECTIVES:

Upon successful completion of program, the I LOVE H2O Polo Learner will:

- ✦ perform/execute introductory water polo skills
- ✦ demonstrate knowledge of elementary rules of game
- ✦ identify simple team tactics
- ✦ recognize benefits of water safety, physical fitness, teamwork & sportsmanship

LEARNER EVALUATION:

✦✦✦ I LOVE H2O Polo Skill Aquisition

Instructor observes Learner demonstrate water polo skills at introductory level to a standard three times.

✦ Beginner Level: Learner demonstrates skill successfully one time

✦✦ Satisfactory Level: Learner demonstrates skill successfully 2 times

✦✦✦ Mastery Level: Learner demonstrates skill successfully 3 times

☆☆☆ I Love H2O Polo Skills

★ **STUDENT NAME:** _____ **AGE:** _____

SCHOOL: _____ **GRADE** _____

Basic Water Polo Skills ☆☆☆	☆ Beginner 1x = ✓	☆☆ Satisfactory 2x = ✓✓	☆☆☆ Mastery 3x = ✓✓✓
SWIMMING:			
Head Up Freestyle			
Water Polo Back Stroke			
Eggbeater/Whip Kick			
Changing Direction/Turning			
Hips Up To Hips Down/Rear Backs			
Stopping And Starting			
BALL HANDLING:			
T Formation/Protecting Ball			
Picking Up The Ball			
Dribbling			
Changing Direction With Ball			
PASSING/CATCHING:			
Flip Pass			
Layout Pass			
Forehand Pass			
Catching			
Push Pass			
SHOOTING:			
Eggbeater To A Shot			
Breastroke Kick To A Shot			
Faking The Ball			
DEFENSE:			
Between Your Man And The Net			
Checking A Player With The Ball			
Checking A Player Without The Ball/Assertive			
TEAM TACTICS:			
Counter Attack			
1 On 0			
2 On 1			

COMMENTS: _____

INSTRUCTOR SIGNATURE: _____ **DATE:** _____

I LOVE H2O Polo Program



Water polo is unique & fun! Most athletes like water polo because it is a physically demanding sport. Although water polo combines elements from a wide variety of sports (swimming, soccer, basketball, ice hockey, rugby & wrestling, to name a few), & entails many of the same principles & rules; it is different from typical sports that children play.

Water polo is coed for younger children because at this stage of development there are not great differences in strength & ability, between males & females. Coed programs allow us to promote equality, & allow our Instructors to form groups easily by participant ability, not specifically by gender or age.

PROGRAM PREREQUISITES:

No water polo experience is necessary! We recognize that not all children have attended formal swim lessons, but we ask that children are able to SWIM or MOVE ONE LENGTH COMFORTABLY & INDEPENDENTLY. Upon request, our Instructors will assess individual skills. Regulation water polo is played in all deep water. The I LOVE H2O Polo Program is taught in shallow water to ensure safety and fun. Some sessions may be offered in deep water depending upon group skill levels and instructional time constraints.

SESSIONS: Maximum Registration:
45 Participants

- ✦ 1-2 hours per session, shallow water
- ✦ Instructor to Student Ratio: 1:15

STUDENT REQUIREMENTS:

- ✦ Swim Suit & Towel
- ✦ Foot Wear for Pool Deck: i.e. Flip Flops
- ✦ Water Bottle Recommended

EQUIPMENT (Provided by Instructor):

- ✦ 15 Water Polo Balls
- ✦ 1 set of Water Polo Caps
- ✦ 2 Water Polo Nets

COST PER STUDENT: \$Determined by
Needs of Individual Program

I LOVE H2O Polo Program CONTACT Karen Schaefer

Email: kschaefe@live.ca

Director of Athlete Development

Lower Mainland, BC Water Polo Association

President, Fraser Valley Water Polo Club

For More Information about Water Polo

Please Visit Our Websites:

www.bcwaterpolo.com

www.h2opoloc.ca



BRITISH COLUMBIA
WATER POLO
ASSOCIATION



BRITISH
COLUMBIA
The Best Place on Earth

Ministry of
Public Safety and Solicitor General