



Water Safety – “It’s fine. Look how calm the water is”

Description

Understanding the dangers of swimming in rivers or entering the water without supervision, means that pupils will be able to develop decision making, dealing with peer pressure and managing personal safety. This lesson will enable pupils to learn about these very important objectives.

General Information

Session Focus/Theme - Water Safety	Recommend Key Stage - Ages 7-11
Curriculum Subject Focus - Personal, Social, Health & Economic (PSHE)	Timing - 45 minutes

Preparation

- Resources - Warm Summers Day Storyline, Water Safety Code Poster, Crossword, pens and pencils.
- Teacher notes – The session should aim to help pupils understand risk and be aware of water, include questions of how to stay safe around water and how to respond in an emergency situation.

Other Cross-curricular links

- English – Reading, writing, spoken language and spelling when completing the worksheet.
- Geography – Human and physical geography when describing their location and local physical features.
- Art and Design – including creativity and use of materials to convey a message whilst designing an awareness poster.

Key Vocabulary

Water River Safety Cold Emergency





Key Message – STOP AND THINK

Key Message – STAY TOGETHER

Key Message – FLOAT

Key Message – IN AN EMERGENCY CALL 999/112

Pupil Learning Objective

- I will know about the danger of swimming in rivers
- I will know about the danger of entering water without parental or lifeguard supervision
- I will start to develop decision making, dealing with peer pressure, and managing personal safety

Teacher Expectations

By the end of the lesson pupils will;

Know...

To look for dangers around the water.
To go swimming only where there is supervision.

Understand...

That the water is always moving and often cold.
The importance of what to do in a water related emergency.

Be able to...

Identify some of the dangers of swimming in open water.
Respond safely in an emergency.

Expected Progress

Pupils should be able to identify some of the dangers of swimming in open water and understand the importance of swimming where there is supervision. They should be able to respond safely if an emergency occurs.

Introduction

Read the story to the children, using the questions and activities that are provided throughout the story to explore and develop the children's understanding of how the story is unfolding.





Main Activity

What	How
Challenge	<p>Display the Water Safety Code poster. Discuss with the children:</p> <ul style="list-style-type: none"> • What they should have done if they had wanted to go swimming? (Ask a parent/adult to take them somewhere safe to swim such as the swimming pool and always ensure the area is supervised either by a lifeguard) • What are the dangers of swimming in open water, such as in a river? (The water is very cold so even a strong swimmer will struggle to swim. The water is always moving and if entering the water you may travel with it and not be able to climb out) • What steps the boys should take in the story now they realise their friend is in danger? (Get help by calling 999 or getting an adult. DO NOT go into the water and put themselves in danger) • What action should they ask their friend to take while emergency help arrives? (they should ask him to float on his back, like a starfish, with arms and legs extended and looking up at the sky. This keeps his airway clear of the water and allows him to breathe easier)
Awesome Challenge	<p>Where indicated in the story, ask some children to freeze frame the scene and carry out a thought tracking activity. Once children have made an image, explain that when you tap them on the shoulder you would like them to speak the thoughts or feelings of their character aloud. This can also include the thoughts and feelings of inanimate objects within the scene such as the water, trees on the bank etc. At the beginning this may just be one or two words but children will soon gain confidence to express themselves in longer sentences. It doesn't take long to thought-track each child in a group so that you reveal a wide range of attitudes and feelings from different characters.</p>
Mega Challenge	<p>Create a poster about the Water Safety Code.</p>
Colossal Challenge	<p>Write a diary entry from the point of view of one of the boys (or all three of them) or write a newspaper report about the incident including interviews the boys about their experiences.</p>

Plenary

Key Questions to discuss as a group:

- What might be dangerous about swimming in a river?
- Why is it important to stay together?
- Why should we make sure there is supervision where we swim?
- How should we respond in an emergency situation?
- If you are out near the river with your friends and someone suggests having a swim, what would you do, what would you say to your friend?
- Reflect on the name of the session; "It's fine. Look how calm the water is". Now we have looked at this in more detail, would this be enough to decide whether to go swimming in a river?





Assessment for Learning

The pupils can be assessed through recording their feelings and answers during discussions, through their written work and the content of their poster.

Home Learning

Encourage pupils to talk about with parents and any siblings about the Water Safety Code so they can understand the importance of staying safe around the water.



