



Lesson Plan

Subject: Water Safety

Year Group: S1-S2

Required Prior Learning	<ul style="list-style-type: none"> General Awareness from Home and Primary School.
Learning Experiences CfE	<p>Curricular Area: Health and Wellbeing.</p> <ul style="list-style-type: none"> After assessing options and the consequences of my decisions, I can identify safe and unsafe behaviours and actions. (HWB 3-41a) I know the action I should take in the management of incidents and emergencies related to water safety. (HWB 3-42a)
Learning Intentions	<ul style="list-style-type: none"> Be aware that there is a water safety code that is designed to help protect people from the dangers in and around water. Discuss how do carry out a personal risk assessment. Know what to do in an emergency situation.
Priorities	<ul style="list-style-type: none"> Public Protection Public Health and Well-being
Resources / Best Practice	<ul style="list-style-type: none"> DVD: 'First on the Scene: Water Safety' - produced by Aberdeenshire Community Safety Partnerships. PowerPoint presentation. Group worksheets.
Suggested Follow Up / Lesson(s)	<p>Related presentations such as, First at Scene - Alcohol, water sport activities, First Aid, Physical Education (swimming).</p>

<p>Format of Lesson</p>	<ol style="list-style-type: none"> 1) Outline the Learning Intentions to the class. 2) Divide class into groups or pairs. (This can be done in a fun way such as asking them to form a line based on length of arm span for example and then numbering them 1-5) 3) Assign a scribe with pen/pencil, to each group 4) Explain the importance of the role of the scribe in collecting the ideas of the group and for the members of the group to respect each other's opinions. 5) Presentation includes Watching a DVD. 6) Explain that they will be given a set of questions, which they will have to answer within five minutes. 7) Explain it is not a test and no criticism will be leveled at any pupil for incorrect answers. 8) Explain that each group will now present their answers. 9) As each group presents their answers discuss these with the whole class to decide if anything can be added. This is a useful time to bring out any other learning points the teacher may feel relevant.
<p>1.</p>	<p>PowerPoint slide:</p> <ul style="list-style-type: none"> • First at Scene Logo. • Introduction to the class. Lesson title: Water Safety
<p>2.</p>	<p>PowerPoint slide: Aims of the lesson.</p> <ul style="list-style-type: none"> • Be aware that there is a water safety code that is designed to help protect people from the dangers in and around water. • Know how to identify hazards, risks and take steps to control risk to yourself and others. • Know what to do in an emergency situation • Stop, Think, Assess, Call, (STAC)
<p>3.</p>	<p>PowerPoint slide:</p> <p><u>Activity Sheet 1</u> Give 2-5 minutes to complete.</p> <p>1. Give examples of areas of water where you live? Example answers; Lochs, Beaches, Estuary, Swimming pools, rivers, storm drains, canals, sea</p>

	<p>(could mention cliffs), reservoirs, streams, quarries, Could mention frozen lochs, rivers, etc.</p> <p>2. Name 3 water based activities; swimming, sailing, diving, tomb stoning, water polo, paddling, fishing, canoeing, surfing, wind surfing, scuba diving, snorkelling, bathing, gorge walking, etc</p> <p>3. Ask each group to pick one activity and explain the hazards associated with the activity. Hazards may include, drowning, slipping/falling into water, being swept away by the water, swimming over a persons ability, weather conditions, water currants, aspirate safety equipment/clothing, use of alcohol and other drugs when undertaking activities. Discuss with the group ways to reduce any risk.</p> <p>As each groups gives feed back discuss how the hazards can be reduced.</p>
4.	<p>PowerPoint slide:</p> <p>Discuss with group reasons why drowning accidents happen. Six major reasons that RoSPA identified why drowning accidents occurred. Knowing how to assist someone else while ensuring your own safety is very important. Too often rescuers leap in to help a casualty, forgetting that the predicament will affect the rescuer in the same way e.g. cold water, strong current. Every year a number of people drown whilst attempting to rescue their dog. Source; RoSPA</p>
5.	<p>PowerPoint slide:</p> <ul style="list-style-type: none"> • Show First at Scene, Water safety film 8 minutes 30 seconds.
6.	<p>PowerPoint slide: <u>First at Scene Question Sheets</u></p> <ul style="list-style-type: none"> • On completion of film issue worksheet to each group. • Ask groups to quietly discuss the questions on the sheets and answer the questions. Give 5-10 minutes to undertake this task.

	<ul style="list-style-type: none"> • Groups to appoint a spokesperson for feedback to class and discuss answers with class.
<p>7.</p>	<p>PowerPoint slide: <u>The Water Safety Code</u></p> <p>Spot the dangers; identify the risks that are around both on land and in the water. Water may look safe, but it can be dangerous, this includes temperature, currents, a person over estimating their ability to swim, has someone consumed alcohol or food?</p> <p>Take Safety Advice; Special flags and notices may warn of danger. Do you know what the signs mean? What are the other activities taking place on the water? Local knowledge may highlight dangers of an area. Weather conditions and other danger factors, (for example, ice).</p> <p>Don't go alone; Children should never go without an adult. Always tell someone where you're going and who you're going with. Don't be tempted to go somewhere else. Don't leave someone on alone.</p> <p>Learn how to help; Know what to do in an emergency. STAC: Stop, Think, Assess, Call</p>
<p>8. Notes:</p> <ul style="list-style-type: none"> • What was good? • What was bad? • What could be better? 	