

LESSON 2

Water Safety

Student Learning Objectives:	National Health Education Standards:
1. Identify a variety of possible physical activities when in or near the water.	• Core Concepts
2. Identify safety precautions when in or near water.	• Core Concepts

Lesson Synopsis

Conduct a skit to introduce physical activities that involve water. Introduce safety rules for water activities using a video and posters. Discuss water safety rules and possible consequences of not following the rules. Demonstrate how to wear a life jacket. Suggest swimming lessons. Make personal commitments to follow safety rules around water. Share the rules with peers and family members.



Activity	Time in Minutes	Materials Needed
Introduction	2	Teacher Manual Resources <ul style="list-style-type: none"> • Teacher Master: "Life Jacket Skit Script" Supplied by the Teacher <ul style="list-style-type: none"> • Coast Guard Approved Personal Flotation Device (PFD or life jacket)
Teacher Input	15	Health Education Materials <ul style="list-style-type: none"> • Poster Set: "Longfellow's WHALE Tales," American Red Cross • Video [DVD]: <i>Longfellow's WHALE Tales</i>, American Red Cross (14 minutes) Supplied by the Teacher <ul style="list-style-type: none"> • AV equipment
Application or Skill Practice	12	Health Education Materials <ul style="list-style-type: none"> • Poster Set: "Longfellow's WHALE Tales," American Red Cross Teacher Manual Resources <ul style="list-style-type: none"> • Teacher Reference—Assessment: "Assessment Rubric for Skill Development: Water Safety"
Closure	1	Teacher Manual Resources <ul style="list-style-type: none"> • Family Resource Sheet: "Play Hard—Stay Safe"
TOTAL	30	

Preparation

Prior to the Lesson:

- **Decide if you want to assess** student skill development. A rubric is provided for you to use at the end of this lesson, "Assessment Rubric for Skill Development: Water Safety."
- **Obtain information** to share with students about swimming lessons that are available in the community. (Extension Activity)
- **Decide how you will show the video.** It is 24 minutes long. To help your students stay engaged, we recommend that you show the first 14 minutes which covers six rules. The last rule discussed in the first 14 minutes is "Don't Just Pack It, Wear Your Jacket." On another day, you may want to show the remaining 10 minutes of the video. It covers three additional rules. There are also two posters that are not discussed in the video. The posters and issues they address are outlined in the chart below.

Rule (in video with poster)	Water Safety Issue
Too Much Sun Is No Fun!	Protect yourself from sun exposure and damage.
In Your House and In Your Yard, Watch For Water, Be On Guard!	Be aware of water hazards other than in lakes or large in-ground pool, such as bathtubs, plastic kiddie pools, and so on.
Wave, Tide or Ride, Follow the Guide!	Follow rules when at water parks or on water rides.
Rule (poster only)	Water Safety Issue
Learn About Boating Before You Go Floating!	Learn boating safety rules, such as wear a life jacket, hang onto the boat if it tips over.
Think Twice Before Going Near Cold Water or Ice!	Be aware of the dangers around ice, such as ice too thin to walk on. Cold water can be dangerous if someone has been exposed for a long time.

If you choose not to show the rest of the video, you may cover the other five water safety issues by showing the posters and discussing the safety issues.

For Introduction:

- **Read** the teacher master, "Life Jacket Skit Script." **Recruit a student volunteer** and **duplicate** the script to give to him or her. Show the volunteer how to put on the life jacket. Explain that at the start of the lesson, he or she will go into the hall, put on the life jacket, and return to the class to read the script.

For Teacher Input:

- **Decide whether or not to ask a local lifeguard** or swim instructor to teach water safety rules. (Extension Activity)
- **Decide how to divide your class** into six small groups.
- **Set aside** the five posters not covered by the first 14 minutes of the video. See the chart above.

For Application or Skills Practice:

- **Decide whether or not to ask your physical education teacher** to demonstrate for students the safe way to reach with a stick or throw a rope to someone in trouble. Then, have students practice. (Extension Activity)

For Closure:

- **Duplicate** the family resource sheet, "Play Hard—Stay Safe," for students to take home.



Time-Saver Tip: During Application or Skill Practice, have each group discuss and report only what would happen if the rule on the group's poster isn't followed. However, students will benefit more if you give them time to talk further about the rules and what they learned in the video.

LESSON PROCEDURE

Introduction: Use a skit to introduce physical activities around water while also reminding students to wear a helmet while biking.

Approximately 2 minutes

Instructional Steps	Script & Detailed Directions	Extensions & Suggestions
<p>Conduct a skit to introduce water safety using the teacher master, "Life Jacket Skit Script."</p> 	<p><i>During our last health lesson, we learned how to stay safe on wheels.</i></p> <p><i>Today, we will focus on another way to be physically active safely.</i></p> <p>Have the student volunteer go into the hall, put on the life jacket, and then re-enter the room and come to the front of the class.</p> <p>With the student volunteer, read the script.</p>	 <p>Ask students to share safety rules they remember for bicycling, skateboarding, and skating.</p>
<p>State the focus of the lesson.</p>	<p><i>Raise your hand if you think you know what type of physical activity we will explore today.</i></p> <p>Answer: swimming or water activities</p> <p><i>If you enjoy playing in or near lakes, pools, and streams, use your arms to pretend you are swimming.</i></p> <p><i>What are some fun ways to be physically active when you are in or around water?</i></p> <p>Call on students to name several water activities.</p>	

Teacher Input: Identify safety rules around water.

Approximately 15 minutes

Instructional Steps	Script & Detailed Directions	Extensions & Suggestions
<p>Form six small groups.</p> <p>Introduce safety rules for being around water.</p>	<p>Designate a location for each small group to sit together, making sure they will all be able to see the video.</p> <p>Give each group one of the following posters:</p> <ol style="list-style-type: none"> 1. Swim as a Pair Near a Lifeguard's Chair! 2. Be Cool, Follow the Rules! 3. Look Before You Leap! 4. Think! So You Don't Sink! 5. Reach or Throw, Don't Go! 6. Don't Just Pack It, Wear Your Jacket! <p>As you distribute the posters, read them to the students.</p>	 <p>Invite a local lifeguard or swim instructor to explain and demonstrate safety rules for water activities.</p>
<p>Play the video, Longfellow's WHALE Tales.</p>	<p><i>We are going to watch a video about water safety. Be sure to watch for the safety rule on your poster. Remember what is said about the rule and what might happen if the rule isn't followed. After the video, I will ask your group to talk about your rule and then share your ideas with the class.</i></p> <p>Play the first 14 minutes of the video. Stop the video after the rule "Don't Just Pack It, Wear Your Jacket!" is discussed.</p>	

Application or Skill Practice: Describe safety precautions to take when in or near water and the possible consequences of not following safety rules.

Approximately 12 minutes

Instructional Steps	Script & Detailed Directions	Extensions & Suggestions
<p>Discuss water safety rules in small groups.</p>	<p><i>In your group, decide what to share with the class about the rule on your poster. Be ready to tell us what could happen if the rule isn't followed. In a few minutes I will ask someone from each group to tell us what you discussed.</i></p> <p>Allow three minutes for discussion.</p>	 <p>Use the rubric provided at the end of the lesson if you want to assess students' skill development.</p>
<p>Describe safety rules and what might happen if rules are not obeyed.</p>	<p>One at a time, ask each group to come to the front of the class to share what the group discussed. Select one student to hold the poster and another to speak.</p> <p>Be prepared to prompt students, depending on their verbal skills. Make sure each group talks about what might happen if the rule isn't obeyed. Discussion should cover the following points:</p> <ul style="list-style-type: none"> • Being careful while on or around the water will reduce the number of drownings and may save your own life. • Only swim when a lifeguard or other adult is watching you. • If you can't swim, always wear a life jacket around water. • If a trained lifeguard is present, he or she should go into the water to rescue people who are drowning. • Never go into the water to help someone who is in trouble; get an adult, if possible. If an adult is not present, reach with a stick or throw a rope to the person in trouble. • Have the students name items they have seen around pools and beaches that can be used to rescue people, such as poles, floats, or rafts. • Life jackets must be <u>worn</u> in order to help protect swimmers and boaters. 	 <p>Show the remaining 10 minutes of the video if your students continue to be interested in the topic, or select another day to reinforce water safety through the second half of the video. It covers three additional rules. There are also two posters that are not discussed in the video.</p> <p>If you prefer, cover the other five water safety issues by showing the posters and discussing the safety issues.</p>  <p>Take a boat ride or visit a marina or pool. Note the safety rules discussed in this lesson as you experience the field trip.</p>  <p>Share sun safety rules:</p> <ul style="list-style-type: none"> • "Slip" on a long-sleeved shirt. • "Slop" on a broad-spectrum sunscreen with a Sun Protection Factor (SPF) of 15 or higher. Apply it 30 minutes before going outside to play. Young children may need adult help. • "Slap" on a hat with a wide brim to protect the face, neck, and ears. • "Wrap" on sunglasses that provide 99–100% UV absorption. • Avoid the sun between 10:00 am and 4:00 pm. <p>Visit the American Cancer Society's or the Michigan Model for Health Clearinghouse's website for sun safety information.</p> <div data-bbox="1015 1837 1437 1890" style="border: 1px solid black; padding: 2px; text-align: center;"> <p>www.cancer.org</p> </div> <div data-bbox="1015 1900 1437 1953" style="border: 1px solid black; padding: 2px; text-align: center;"> <p>www.mmhclearinghouse.org</p> </div>

		 <p>Ask the physical education teacher to demonstrate for students the safe way to reach with a stick or throw a rope to someone in trouble. Then, have students practice.</p>
Mention the danger of being in a body of water when there is a storm.	<p><i>If you are enjoying the water at a lake or a pool and hear thunder or see lightning, get out of the water immediately. Lightning can strike water. Water carries electricity which could kill you.</i></p>	
Demonstrate the proper way to wear a life jacket.	<p>Raise your hand if you have worn a life jacket before.</p> <p>Who would volunteer to show us how it's done?</p> <p>Help the student, if necessary, to demonstrate proper use of the life jacket.</p>	 <p>Make the life jacket available for students to try on during free time or at work stations. Help them practice putting it on correctly.</p>
Suggest swimming lessons.	<p><i>There is one more thing we can do to help us stay safe around water—know how to swim. If you can, take swimming lessons.</i></p>	 <p>Provide information about swimming lessons available in the community.</p>
Remind students that 60 minutes of physical activity is recommended.	<p>Raise your hand if you remember how many minutes people your age should be physically active.</p> <p>Answer: 60 minutes</p> <p><i>Swimming and other water sports are a great way to be physically active.</i></p>	

Closure: Share commitments to be safe while enjoying water activities.

Approximately 1 minute

Instructional Steps	Script & Detailed Directions	Extensions & Suggestions
Identify a water safety rule to follow in the future.	<p><i>Think of one safety rule you will remember the next time you are playing in or near water. Tell your neighbor what it is.</i></p>	
Distribute the family resource sheet, "Play Hard—Play Safe." 	<p><i>Share this important information about physical activity and safety in water with your family.</i></p>	
Preview the next health lesson.	<p><i>In our next health lesson, we will talk about how to use the Internet safely.</i></p>	



Life Jacket Skit Script

Directions:

1. Read through the student parts of the skit.
2. The blanks in the script are for the teacher's name or your own name.
3. Leave the class and put on the life jacket.
4. Come back into the room as soon as you are ready and come to the front of the class.
5. Say your first line to your teacher.

STUDENT: Ms./Mr. [teacher's name], I'm ready to ride my bike.

TEACHER: I'm afraid you're a little mixed up. Class, what does [student's name] need to wear to ride a bike?

(Wait for the students to answer "helmet.")

STUDENT: Oh, that's right! I meant I was ready to go for a ride in a car.

TEACHER: Oh, no! Class, remind [student's name] what we need to put on to ride safely in a car.

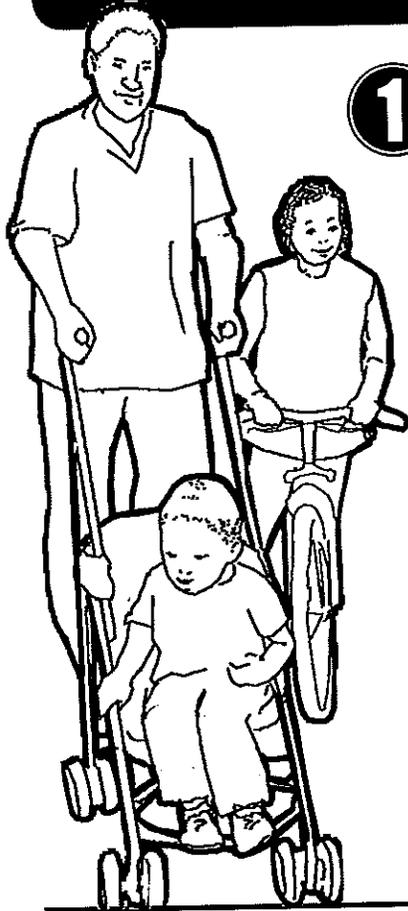
(Wait for the students to answer "a safety belt.")

STUDENT: Well, what is this thing for?

TEACHER: That's what we will be learning about today.

Play Hard— Play Safe

Your child is more likely to be physically active if he or she is doing something fun. The following ideas will help you and your family talk about fun and safe physical activity while your child is learning about it at school.



1 Be Physically Active as a Family

Take up a sport or type of exercise as a family. Do it on a regular basis.

- Take a bike ride.
- Swim regularly.
- Walk each night after dinner.
- Plan a neighborhood basketball or volleyball game. Play the game at a nearby school or park.
- Make a sign saying "Let's Get Physical." Ask your child and other family members to list ideas for physical activities you can do together as a family.

For more information on the importance of physical activity, visit the Centers for Disease Control and Prevention website: www.cdc.gov.

Children and teens need 60 minutes of physical activity every day.

Adults need 30 minutes of physical activity every day to get health benefits and 60-90 minutes if trying to lose weight.

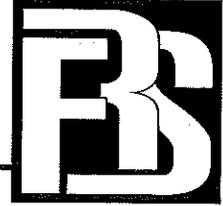


Watch for cars coming out of driveways.

Remember Your Helmet
love Mom

2 Post Safety Reminders

Place safety reminders around the house. This can be done with signs or pictures that remind your child of safety rules he or she needs to know. For example, put a note near your child's bicycle: "Wear your helmet. Watch for cars coming out of driveways."

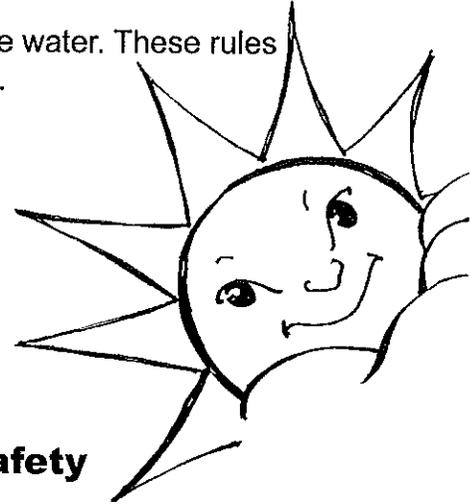
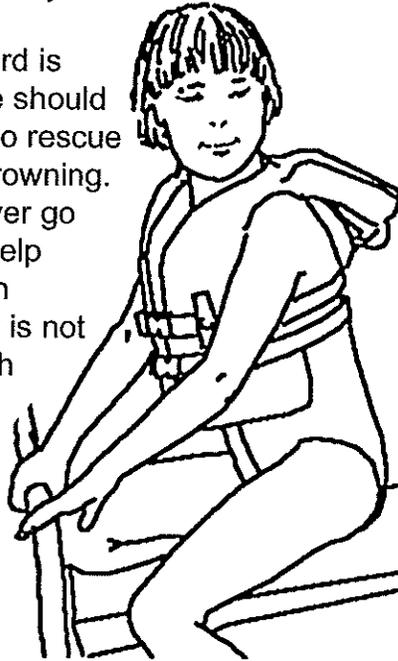


3 Follow the Rules for Water Fun and Safety

Some of the most popular forms of physical activity involve water. These rules will help your child stay safe while having fun being active.

Water Safety

- Swim with a buddy and only in an area that is supervised by a parent or adult.
- Look before you jump or dive into a swimming pool, lake, or stream.
- Don't just pack it; wear your life jacket when boating.
- If your child can't swim, always have him or her wear a life jacket around water.
- If a trained lifeguard is present, he or she should go into the water to rescue people who are drowning.
- A child should never go into the water to help someone who is in trouble. If an adult is not present, reach with a stick or throw a rope to the person in trouble.
- Get out of the water if you hear thunder or see lightning.



Sun Safety

Always remind your child to protect himself or herself from the sun's burning rays. When your child sees you following these sun safety rules, he or she is much more likely to do it, too. Even one severe sunburn as a child can double the risk of developing skin cancer later in life.

- "Slip" on a long-sleeved shirt.
- "Slop" on a broad-spectrum sunscreen with a Sun Protection Factor (SPF) of 15 or higher. Apply it 30 minutes before going outside to play. Reapply it every two hours, or after swimming or sweating a lot. Young children may need adult help.
- "Slap" on a hat with a wide brim to protect the face, neck, and ears.
- "Wrap" on sunglasses that provide 99–100% UV absorption.
- Avoid the sun between 10:00 am and 4:00 pm.

For more information on sun safety, visit the American Cancer Society website: www.cancer.org.



Assessment Rubric for Skill Development: Water Safety

The following rubric can be used for assessing student skill development. The student has demonstrated the following elements of this skill through role play, written assignments, or classroom activities.

Elements in the Lesson

- Describe a rule from the poster.
- Explain what could happen if the rule isn't followed.

1	2	3	4	Comments
<p>The described rule is unclear or unrelated to the poster. The example of what could happen is unclear or unrelated to the poster.</p>	<p>The rule is described. The example of what could happen is described, but may not relate to the rule or may be unclear.</p>	<p>The rule is clearly described. At least one example of what could happen is clearly described.</p>	<p>The rule is completely and clearly described. More than one example of what could happen is completely and clearly described.</p>	

