



KEY STAGE 2
LIFESAVING AND FITNESS ACTIVITY



**ROYAL
LIFE SAVING
SOCIETY UK**

KEY STAGE 2 – LIFESAVING AND FITNESS ACTIVITY



LESSON PLAN 1

Learning Objectives

1. To gain an understanding of the Water Safety Code
2. To develop accuracy in throwing skills
3. To develop fitness skills in pupils

Time	Contents	Teaching Points/Notes	Organisation/ Resources
WARM UP 10 minutes	Smugglers Cove (see separate work sheet) Introduce the Water Safety Code	Ask children to devise the rules (e.g. One bean bag at a time)	Whole group activity Hoops/beanbags
MAIN ACTIVITY 40 minutes	Lifeguard Fit (see separate work sheet (10 mins) Bean bag hoop throw- progress to Bean bag multi hoop throw. (10 mins) Around the clock. (10 mins) Bean bag relay (5-10 mins)	Record results Talk through throwing technique Recap on technique for accuracy and talk through how many points each hoop is worth. Set cones out - distance suitable to age and ability.	Stopwatch/ Cones Numbers Bean bags/ hoops
COOL DOWN 5 minutes	Water Safety Stretches	Children should understand why it is important to cool down	



KEY STAGE 2 – LIFESAVING AND FITNESS ACTIVITY



LESSON PLAN 2

Learning Objectives	1. To gain an understanding of the beach safety flags
	2. To develop sprint technique
	3. To develop fitness skills in pupils

Time	Contents	Teaching Points/Notes	Organisation/ Resources
WARM UP 10 minutes	Not in my house Beach flags activity	Equal teams. Let children think up the rules to make activity 'fair' Talk about each flag and the dangers of the sea. Instructor to call out scenario and pupils to run to relevant flag	Whole class Beach Flag cards
MAIN ACTIVITY 40 minutes	Lifeguard fit Lifeguard sprints Sprint starts Beach relay	Record results and compare to last week. Ask relevant questions i.e., have you improved? Talk about why fitness is important for a lifeguard and the need to reach a casualty quickly. Depending on time relay can be practiced by performing different sprint starts i.e., standing, lying down etc	Stopwatch/ Cones
COOL DOWN 5 minutes	Name in the sand	Children should understand why it is important to cool down Use one arm at a time then repeat using one foot at a time	Whole class



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LESSON PLAN 3

Learning Objectives

1. Recap on Water Safety Code
2. Develop teambuilding and communication skills
3. To develop fitness skills in pupils

Time	Contents	Teaching Points/Notes	Organisation/ Resources
WARM UP 10 minutes	Recap Water Safety Code Lifeguard says	Ask pupils to recap and give examples for each element. Activity like 'Simon says'	
MAIN ACTIVITY 40 minutes	Lifeguard fit Ice rescue Cross the river (hoops-one per person) Order of age (no talking- using rope as line)	Work in pairs and record results. Give pupils equipment which could be used but let them know they will need to use their initiative and communication skills. Teamwork to get across the river- one hoop per person and nobody must step in water or team is 'out'. No talking- pupils must use their problem solving skills to complete activity.	Pairs Stopwatches/ cones Hoops/ beanbags/ skipping ropes Hoops Rope for line
COOL DOWN 5 minutes	STRETCHES- Choose one lifeguard at a time to cool down the 'rookies' by choosing a different stretch each time.	Children should understand why it is important to cool down	Whole class



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LESSON PLAN 4

Learning Objectives	1. Recap on Water Safety Code
	2. Develop teambuilding and communication skills
	3. To develop fitness skills in pupils

Time	Contents	Teaching Points/Notes	Organisation/ Resources
WARM UP 10 minutes	Avoid the tide Sharks	Talk about tides and the dangers Remove hoops to make activity harder and get people 'out'	Whole group activity Bean bags Hoops to jump in for safety
MAIN ACTIVITY 40 minutes	Lifeguard fit Rope to hoop throw Hit the hoop Rope rescue Rope throw relay	Record times Demonstrate a rope throw using 2 ropes tied together Talk about when you might try to perform a rescue and the dangers Use cones to mark where catchers stand. Activity should get progressively harder as more people are saved as rope will need to be thrown further	In pairs Stopwatch/ cones Hoops/Ropes Split group into teams of 6
COOL DOWN 5 minutes	Danger stretch (discussion on dangers)	Children should understand why it is important to cool down Talk about the dangers in water	Individual work



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LESSON PLAN 5

Learning Objectives	1. To recap on beach flag safety
	2. To raise sun safety awareness
	3. To develop fitness skills in pupils

Time	Contents	Teaching Points/Notes	Organisation/ Resources
WARM UP 10 minutes	Know your flags activity Lifeguard says	Recap on flags and give scenarios about an activity which can/cannot be performed in order for pupils to choose correct flag to run to Choose lifeguards to lead part of the warm up	Whole class activity One lifeguard at a time
MAIN ACTIVITY 40 minutes	Lifeguard fit Sprint starts Sun safety relay Object carry or balance relay	Record and compare results to previous weeks Practice sprint starts as previously learnt Talk about the importance of sun safety Use a variety of objects for relay Progress to more difficult objects such as balancing bean bags on heads	Stopwatches/ cones- working in pairs Teams of 6 Sun safety cards Hoops/cones
COOL DOWN 5 minutes	Beach story cool down (swimming, walking along the shore, climbing sand dunes, bending to pick up shells etc.)	See separate example or make up your own incorporating different actions	Teacher Led Individual work



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LESSON PLAN 6

Learning Objectives

1. To consolidate learning from previous weeks
2. To participate in a range of fun fitness activities

Time	Contents	Teaching Points/Notes	Organisation/ Resources
WARM UP 10 minutes	Beach story warm up to include flags (hold up relevant flag for action e.g., swim safe for swim action, water sport for surf action etc.)	Use cards as prompts as part of a wider story	Teacher Led Individual work
MAIN ACTIVITY 40 minutes	Lifeguard fit Not in my house Message relay Fun obstacle course relay	Record and compare results from previous weeks Set up fun obstacles and rules/ change each time	Stopwatches/ cones Cones/ bean bags Groups of 6 Any equipment available
COOL DOWN 5 minutes	Recap on Water Safety Code and perform cool down	Ensure all pupils know the Water Safety Code	Whole group

