

# Water Safety - Primary

## Description

- This RNLI Water Safety workshop allows children to gather important water safety knowledge based on the RNLI's four key messages; Stop and think, Stay together, Float and Call 999/112.
- This activity helps students learn how to reduce their chances of getting into danger in the water by identifying the hazards and beginning to understand the importance of not being alone near water.
- It teaches them what to do if they fall into cold water, and how to call for help should they see someone in trouble.

## Curriculum Links (Eng)

- **Core theme 1 Health and Wellbeing**  
**KS1 pupils** should have the opportunity to learn:
  - what constitutes, and how to maintain, a healthy lifestyle including the benefits of physical activity, rest, healthy eating and dental health
  - rules for and ways of keeping physically and emotionally safe including responsible ICT use and online safety, road safety, cycle safety and safety in the environment, rail, **water** and fire safety
  - to recognise that they share a responsibility for keeping themselves and others safe, when to say, 'yes', 'no', 'I'll ask' and 'I'll tell' including knowing that they do not need to keep secrets
- **KS2 pupils** should have the opportunity to learn:
  - to recognise, predict and assess risks in different situations and decide how to manage them responsibly (including sensible road use and risks in their local environment) and to use this as an opportunity to build resilience
  - to recognise when they need help and to develop the skills to ask for help; to use basic techniques for resisting pressure to do something dangerous, unhealthy, that makes them uncomfortable or anxious or that they think is wrong
  - School rules about health and safety, basic emergency aid procedures, where and how to get help
  - strategies for keeping physically and emotionally safe including road safety, and safety in the environment (including rail, **water** and fire safety)

## Pupil Learning Objective

- I'm learning to stay safe around water with an adult.

## Teacher Expectations

By the end of the lesson pupils will;

<b>Know...</b>  <b>The four key water safety messages</b>  <b>The Float position</b>	<b>Understand...</b>  <b>Why it is important to stay together at the beach</b>	<b>Be able to...</b>  <b>Stay safe around the water with an adult</b>  <b>Identify potential hazards</b>
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## Learning Outcomes

- I know that to minimise my chances of getting into danger in the water I need to identify potential hazards
- I know that it is safer to enter the water when I am with an adult and I know my responsibilities as an individual and in a group when around water
- If I fall into cold water, I know to float on my back until I have controlled my breathing, then call for help and raise my hand to draw attention or swim to safety if I'm able to do so
- I know how to respond if I see someone in danger in the water – either use my mobile phone or ask an adult to call 999/112 immediately

## General Information

<b>Session Focus / Theme – Water Safety</b>	<b>Recommended age group - 4-11 year olds</b>
<b>Curriculum Focus – Health &amp; Wellbeing</b>	<b>Timings or duration of lesson - 10 – 15 minutes</b>

## Preparation

- Resources – See attached guidance notes and supporting resources:
  - WaterSmart leaflet
  - Spot the Dangers posters
  - Key Message poster
- Teacher notes – This is a short active learning activity which allows the young person to focus on staying safe near water. Students should develop confidence in their water safety knowledge and be able to identify certain water-based risks.

## Other Cross-curricular links

Pupils will also use skills in;

- English – Spoken language and comprehension.
- Geography – use basic geographical vocabulary to refer to:
  - i. key physical features, including beach, cliff, coast, forest, hill, mountain, sea, ocean, river, soil, valley, vegetation, season and weather
  - ii. key human features, including: city, town, village, factory, farm, house, office, port, harbour and shop

## Key Vocabulary

- RNLI, Lifeboat, Hazard, Danger, Water, Together, Float, Emergency, Safe, Plan, Cold, Coastguard, Lifeguards, Sea, Rocks, Pier, Beach, Sand, Lakes, Rivers, Tides, Currents, Sun, Accident.
- Key Messages:
  - **Stop & Think**
    - Always remember to Stop and Think and Spot the Dangers.
  - **Stay Together**
    - Stay close to a friend or family member.
  - **FLOAT**
    - Always remember to Float.
  - **Call 999/112**
    - It important to call for help immediately.

## Plenary

- Congratulate the children on having worked through all four challenges
- Remind the children that lots of fun takes place around water but it's important to be aware of the risks.

## Assessment for Learning

- As a group recap on the main messages.
- Ask the children to turn to the person next to them – how many safety messages can they remember?
- Ask for a show of hands, how many of the children feel as if they have learnt more about water safety today?
- You may want to ask some children about what they are going to do with their new safety knowledge i.e. share it with family/friend/always look for hazards before engaging in an activity near water etc. (this information can be used for evaluation purposes)