

## Lesson Plan - Water Safety

The students will learn 10 safety rules for playing in and near water. This is a pre-vacation lesson to make children aware of the danger of drowning.

A lesson for upper elementary and middle school children (Ages 9 to 13)

### Learning Outcomes

After the lesson the children should know the ten rules necessary for safe swimming in pools, lakes, and oceans.

### Time Required

40 minutes

### Materials/Resources

- Construction paper
- Colored pens or pencils
- Lined loose-leaf A4 paper
- Whiteboard
- Water safety gap-fill

### Pre-Activities

Teacher led discussion based on summer vacation swimming activity. Teacher needs to ask and gather responses to the following questions:

- *Who's going to the pool this summer?*
- *Where else do you go to swim?*
- *Have you noticed signs at the lake or beach?*
- *What do the signs say?*
- *Who do you go with?*
- *How many of you can't swim?*
- *Do any of you wear a lifejacket?*
- *Have any of you had any scary experiences when you were playing in water?*

### Activities

Teacher divides the class into groups of four and gives out the loose-leaf paper (One sheet per group). Teacher instructs the students to make a list of rules for staying safe in water. The children discuss their rules in groups and give a reason for each.

The students choose one spokesperson for each group.

Teacher writes the rules on the whiteboard and supplies any rules that are missing from the students' lists. Make sure they have these on their list.

1. Learn to swim.
2. Always swim with a buddy.
3. Wear a lifejacket if you can't swim.
4. Always make sure an adult is watching.
5. Swim in a designated swimming area.
6. Don't jump into dark water.
7. Obey 'No Swimming' signs.
8. Don't run at the side of a pool.
9. Don't jump in near people already in the water.
10. Don't grab people in the water.

### Assessment

Hand out the Water Safety gap-fill. Ask students to fill them out.

### Extension Activity

Divide the children into groups again. Give each group construction paper and colors. Instruct them to draw a poster to illustrate one of the water safety rules.