

## Water Safety - Lesson Plans

---

### Activity 1- Let's talk about water

#### Curriculum for Excellence Experiences and Outcomes

I am learning to assess and manage risk, to protect myself and others and to reduce the potential for harm when possible. **HWB 0-16a.**

**1. Connecting the Learning** - In the week before this activity set up a water play area in the class and let children explore the concepts of **floating and sinking**. Have a variety of materials and objects (shells, corks, toy plastic animals, piece of balsa wood etc.) and two hoops or trays outside the water area, labelled 'These float' and 'These sink'. Ask small groups of children sort the items into the two trays or hoops. When all the children have had a turn discuss what they found and ask if there were any surprise items.

#### 2. Sharing the Learning Outcomes -

- I can demonstrate the difference between floating and sinking
- I can explain that water may be deep or shallow but it can be hard to tell which just by looking at it

**3. Active Learning** - Recall with the children their floating and sinking task and ask if they could always tell if something could float just by looking at it. Use the interactive whiteboard activity (Go Safe - Early - Water Safety 1) to demonstrate and discuss aspects of floating and sinking further, with larger items. Make clear to the class that if a person falls into the water their clothes are much heavier when wet and can make it difficult to stay afloat even if they can swim.

Introduce the words '**deep**' and '**shallow**' and ask the class to give their definitions. Ask 'Why is deep water dangerous?' (Danger of drowning).

**4. Demonstrating Understanding** - Explain that the class are going to look at pictures of different types of water on the interactive whiteboard and they are to decide if they think the water is deep, shallow or 'can't tell'. Use the activity either in groups or as a class and discuss 'Can you always tell if water is deep just by looking at it?' (Answer - no).

**5. Review and Recall** - Remind children that water can be lots of fun when used safely - bathtime, paddling at the beach etc. but there are important messages to remember. Ask the class for examples and reinforce the points:

- a) It is easy for people to sink in water (especially as their clothes become waterlogged)
- b) You can't always tell if water is going to be deep or shallow just by looking at it
- c) Deep water is dangerous