

Water Safety Theme Week – PE (1)

Description

PE-specific lesson to practise and develop a series of fitness activities, in the context of being a lifeguard.

General Information

Session Focus/Theme – Water Safety	Recommended Age Range 9-11-year-olds
Curriculum Subject Focus Physical Education (PE) – general fitness and time recording	Timings or Duration of Lesson 1 x 50 mins inc. changing time

Preparation

- **Resources** – large selection of soft balls (ball-pit type or similar) for warm up activity; stopwatches; video: [Are you fit enough to be an RNLI beach lifeguard? - Bing video](#), IWB or hall projector; metre sticks or tape measures
- **Teacher notes** - This active learning session is designed to give the children an awareness of the level of fitness needed to be a lifeguard and develop our own fitness

National curriculum references

- **England:** PE – KS2
- **Wales:** Health & Wellbeing, developing physical health – Progression Step 3
- **Scotland:** Health & Wellbeing, PE – HWB 2-22a, 2-24a – second level
- **NI:** PE, Athletics – KS2
- **Eire:** PE, Athletics – third / fourth classes

Key Vocabulary

- Important, water, river, canal, reservoir, lake, stream, pond, throw, catch, balance, reach underarm, overarm, point, target, two-handed, team, team work, time, speed, fitness, balance, sprint, timing, sit ups, reach, stretch

Objective(s)

- Know what types of exercises are needed to become a lifeguard
- Know that regular exercise benefits my physical health

Expected outcomes

By the end of the lesson pupils will;

Know... That lifeguards need to be fit to do their jobs	Understand... That regular exercise benefits my physical health	Be able to... Time and record results
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Warm Up

'Not in my house' – throwing skills development:

- Divide the hall space into two halves, with a clear demarcation line down the centre.
- Divide the class into two equal groups and give each group approximately 20-30 soft balls.
- On the whistle, each group will work to throw the balls in their space into the space occupied by the opposing group.
- After 2-3 minutes, stop the game and count the balls in each half of the hall space. The team with the least number of balls wins.
- **NOTE:** emphasise that children can only handle one ball at a time and cannot use their feet.
- **NOTE:** to add a level of difficulty, the teacher may ask the children to use either underarm or overarm throws only.

Main Activity

Introduction:

- Ask the children if they know what lifeguards do – briefly discuss. How fit do you need to be to be a lifeguard? What sorts of exercises might they need to do to stay fit? Play the video [Are you fit enough to be an RNLI beach lifeguard? - Bing video](#) and state that today we are going to practise some exercise techniques that will help us to be as fit as them.

Lifeguard Fit: (all children will work in pairs in one of four groups, rotated around the activities. Timing can either be performed by the children themselves or by the teacher).

- Set up the hall / outside space as a carousel of four activities, run, balance, sit ups, reach stretch as follows:
 - **Run:** one child will run between two marked points as many times as they can, which the second child will be the time keeper and use a stopwatch to measure 1 minute. At the end of the minute, the runner will record the number of runs they have completed. Swap roles and repeat.
 - **Balance:** one child will balance on one leg whilst the second records how long they can do this without falling (up to a maximum of 1 minute). Swap role and repeat.
 - **Sit ups:** children count how many sit ups they can complete in 30 or 60 seconds, one doing the activity and the other timing it. Swap and repeat.
 - **Reach stretch:** children measure how far they can reach over a line. The second child will measure the length. Swap roles and repeat.

Cool down:

- Any activity to suit the teacher.

Plenary

- Review the activities and briefly discuss – how many runs did we complete? How many sit ups etc.
- Who can tell me why lifeguards need to be fit?
- How can we keep ourselves fit?
- Why is it good to do regular exercise?

Assessment for Learning

- The pupils can be assessed by observation and discussion