

Water Safety Theme Week – PE (2)

Description

PE-specific lesson designed to develop throwing and catching skills in the context of water safety and water rescue.

General Information

Session Focus/Theme – Water Safety	Recommended Age Range 9-11-year-olds
Curriculum Subject Focus Physical Education (PE) – throwing and catching skills development	Timings or Duration of Lesson 1 x 60 mins inc. changing time

Preparation

- **Resources** – uniform length ropes in two sets: one shorter, one longer for extension. Blue floor mats to represent river / canal / lake, projector (hall or classroom), video of the water safety code: [RLSS UK Water Safety Cartoon - YouTube](#); video for demonstrating use of throwline to provide context for main activity: [How to Use a Throwline - Bing video](#);
- **Teacher notes** - This active learning activity allows children to develop their throwing and catching skills, in the context of using a throwline to aid someone who is in difficulty in water.

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, pull, coil, rope, throwline, edge, bank, team

Key Message

- If someone else is in danger in the water I know to call 999/112 immediately and ask for the Coastguard or relevant emergency service

Objective(s)

- Know how to throw and catch a rope by aiming at the other person and using a two-handed catch
- Know what the Water Safety Code is and what to do in an emergency.

Expected Outcomes

By the end of the lesson pupils will;

Know... How to throw and catch a line with accuracy	Understand... What to do in an emergency and what to say	Be able to... Explain the points of the Water Safety Code
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Warm Up

Sharks activity:

- Scatter some floor mats around the hall area. Children have to 'swim' around the area (front crawl, doggy paddle etc).
- When the teacher shouts 'shark!', the children have to get onto a mat as quickly as possible. Anyone who cannot get onto a mat quickly enough becomes a shark (wears a coloured bib). These sharks will be able to catch anyone who does not reach a mat the next time around.
- Repeat and gradually remove floor mats as the number of 'sharks' increases.
- Clear away mats for use in the main activity.

Notes: emphasise that we do not push ourselves onto a mat - safety first. Sharks can only touch other players who are not on a mat -they cannot grab.

Main Activity

- Introduction to main activity: Show and discuss the Water Safety Code, then outline objectives and show video of how to use a throwline (class-based if hall does not have a projector).

Rope Throw Relay:

- Each team (four pupils) has three individuals lined up (one behind the other) on the catching line and one holding the rope on the throw line. A blue PE mat can be placed between the throwing and catching lines to simulate water.
- On starting the thrower coils the rope and throws it to the first catcher, who catches and is pulled to the throw line.
- Catcher one now becomes the thrower while the thrower joins the back of the line to be the last catcher.
- Each pupil takes their turn at catching and throwing until everyone has had a go.
- The first team to finish is the winner.

Cool down

- Any activity to suit the teacher.

Progression:

- increase the distance between the throwing and catching lines and using longer ropes.

Plenary

- Who can tell me about any point from the Water Safety Code?
- How can we throw a line to someone?
- How do we catch a line thrown to us?
- What can we do if we see someone in difficulty in the water?
- What must we NOT do if we see someone in difficulty in the water?

Assessment for Learning

- The pupils can be assessed by observation of throwing and catching skills and teamwork skills. Photos can be taken for evidence if required.