

Class-based

WATER SAFETY LESSONS



PHYSICAL DEVELOPMENT
AGES 3-5

Pre School Water Safety

Physical Development: **Session 1**



DESCRIPTION

First of 4 Physical Development session plans for the school hall or outside space. These sessions can be used in conjunction with the Pre-School Water Safety Health and Wellbeing lesson plans.

GENERAL INFORMATION

Recommended Age Range: 3-5 year-olds

Curriculum Subject Focus: Physical Development

Skill Development: Travel

PREPARATION

Resources: Hall space; floor mats.

KEY VOCABULARY

Run, walk, hop, crawl, wobble, swim, snap, island, shark, crab, frog, jellyfish, breaststroke, doggy paddle, front crawl.

OBJECTIVE(S)

I can travel safely in different ways and at different heights.

OUTCOMES

KNOW... The names of some swimming strokes.

UNDERSTAND... How to move safely around the hall.

BE ABLE TO... Name a swimming stroke.



CURRICULAR LINKS

- **England:** EYFS Physical, Social & Emotional Development – Gross Motor Skills ELG.
- **Wales:** Foundation Stage Framework, Physical Development.
- **Scotland:** Health and Wellbeing – Physical Education, Early Level HWB 0-21a, 0-22a.
- **Northern Ireland:** Pre-school, Physical Development & Movement.
- **Eire:** Aistear, Wellbeing – Aim 2.

Pre School Water Safety

Physical Development: **Session 1**



INTRODUCTION

Sit children in a circle / group. Briefly explain the activities in this session and emphasise safety rules i.e. no pushing/ shoving / pulling etc.

WARM UP

Simon says.

Children to find a space away from others.

Outline rules for play:

1. When teacher says 'Simon says...' children must follow the command given. If the command is given without saying 'Simon says,' children must stay still, otherwise children must spin around.

2. Keep looking forward and avoid bumping into anyone.

Commands can include swim like a fish; hop like a frog; walk like a crab; wobble like a jellyfish; snap (arms) like a shark etc.



MAIN ACTIVITY

Desert Islands.

Place mats around the hall, spaced out as much as possible. Explain that the mats are islands and the space in-between is the sea. Our ship has sunk and we must swim to safety, as the sea has sharks. Using the commands from the warm-up, children will move around the hall space on command given but must jump on a mat when the teacher shouts 'shark.' Repeat and gradually remove the number of mats. Anyone not reaching a mat in time can help the teacher by spotting anyone who hasn't reached a mat in time.

Extension: have a child call out the movement.

COOL DOWN

Swimming Instructor.

Children follow the teacher slowly around the space, copying the manner of travel. These can include breaststroke, doggy paddle, front crawl etc. Use a variety of heights where possible. Lead group back to class. Some strokes may need to be demonstrated.

ASSESSMENT FOR LEARNING

By observation and questioning: who can show me how to do a doggy paddle / front crawl / breaststroke?

For more resources and advice visit www.rlss.org.uk



Pre School Water Safety

Physical Development: **Session 2**



DESCRIPTION

Second of 4 Physical Development session plans for the school hall or outside space. These sessions can be used in conjunction with the Pre-School Water Safety Health and Wellbeing lesson plans.

GENERAL INFORMATION

Recommended Age Range: 3-5 year-olds

Curriculum Subject Focus: Physical Development

Skill Development: Throwing and catching

PREPARATION

Resources: Hall space, small sponge balls or bean bags, pictures of lifeguards with throwlines / rings.

KEY VOCABULARY

River, swim, crocodile, croc, throw, catch, underarm, lifeguard, throwline, ring.

OBJECTIVE(S)

I can throw an object using an underarm throw and catch with two hands.

OUTCOMES

KNOW... What the word 'underarm' means.

UNDERSTAND... How to throw and catch and object with some control.

BE ABLE TO... Use an underarm throw to throw an object and two hands to catch.



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Pre School Water Safety

Physical Development: Session 2



INTRODUCTION

Sit children in a circle / group. Briefly explain the activities in this session and emphasise safety rules i.e. no pushing / shoving / pulling etc.



WARM UP

River crossing.

Use the dividing line in the centre of the hall to represent a river. Choose 2 or 3 children to be the 'croc's' who stand on the centre line. Rest of children stand on one side of the hall and on command, have to reach the opposing side without being caught by the crocs. If caught, the child becomes a croc.

Safety point: emphasise children need to look where they are going.

Extension: increase number of crocs at start; children to cross using a certain travel method i.e. jumping, swimming etc.

MAIN ACTIVITY

Show the picture of the lifeguard with the throwline / ring and briefly explain what they do and what the throwline and ring are for. Explain that the children will practise their throwing skills today like lifeguards.

Demonstrate how to throw a beanbag to a partner using an underarm throw, emphasising how this type of throw is more controllable than overarm. Remind children that they need to look at their target.

Demonstrate a two-handed catch. Children then work with a partner to throw the beanbag to their partner, who catches and returns.

Extension: increase distance between children; in small groups, arrange children in a circle to throw the beanbag from one to the next.

COOL DOWN

Circles in the sand.

Children move around the hall space, 'drawing' circles with their feet. The tide washes them away, so the motion has to be repeated as the children move around the hall.

Extension: change the shape to draw; draw in super slow motion.

ASSESSMENT FOR LEARNING

By observation. Look for developing underarm throw with deliberate direction; look for consistent two-handed catch.

For more resources and advice visit
www.rlss.org.uk

Pre School Water Safety

Physical Development: **Session 3**



DESCRIPTION

Third of 4 Physical Development session plans for the school hall or outside space. These sessions can be used in conjunction with the Pre-School Water Safety Health and Wellbeing lesson plans.

GENERAL INFORMATION

Recommended Age Range: 3-5 year-olds

Curriculum Subject Focus: Physical Development

Skill Development: Throwing and aiming

PREPARATION

Resources: Hall space, hoops, beanbags.

KEY VOCABULARY

Captain, orders, shiver, deck, hoist, sails, throw, catch, underarm, aim, target.

OBJECTIVE(S)

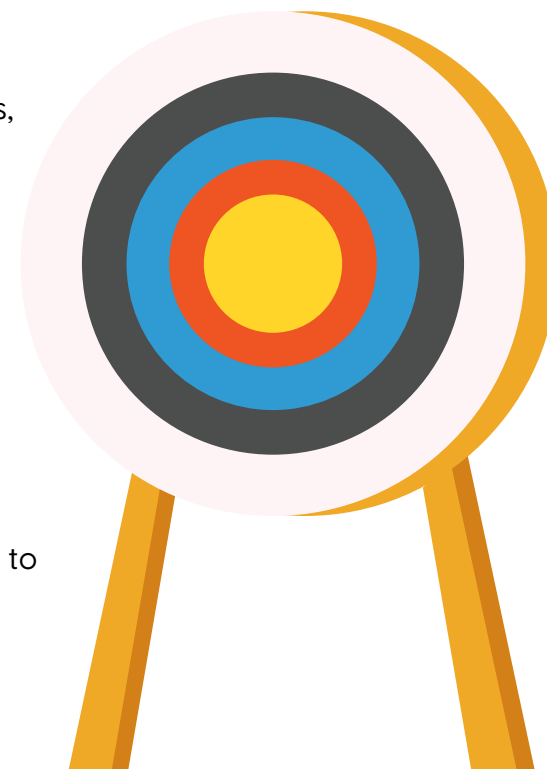
I can use a controlled throw to hit a target.

OUTCOMES

KNOW... How to aim at a target.

UNDERSTAND... That control is needed to hit a target.

BE ABLE TO... Hit a target using a controlled throw.



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Pre School Water Safety

Physical Development: **Session 3**



INTRODUCTION

Sit children in a circle / group. Briefly explain the activities in this session and emphasise safety rules i.e. no pushing/ shoving / pulling etc.

WARM UP

Captain's orders.

Space children out in the hall. Begin with them 'swimming' around the hall space. Children then perform an action based on the command given.

Commands: Clear the deck – lie down, feet off the floor. Continue running when teacher says 'at ease'; climb the rigging – stand still and 'climb' on the spot; shiver me timbers – hug selves and pretend to shiver; 3 in a boat – get into groups of 3 and sing 'row, row, row your boat'; man the cannons – run to one side or the other; sharks – use arms to make snapping jaws of shark.

MAIN ACTIVITY

Set the hall space up with sets of beanbags on a line with a hoop a short distance away from them.

Use the lifeguard picture from the previous session and remind the children of the job of the lifeguard and the purpose of the throwline / ring. State that today the children will practise throwing at a target, just like a lifeguard does.

Demonstrate how to use an underarm throw to place the beanbag in the hoop. Emphasise looking at the hoop whilst throwing.

Divide the children into groups of 3 / 4. Each child has two beanbags. If each child in the group gets one beanbag in the hoop, that team wins and can sit down.

Extension: increase the distance from beanbags to hoop; use cones instead of hoops.

COOL DOWN

Roll the ball.

Children sit in a large circle. One child has a ball, names someone and rolls the ball to them. Repeat the process.

Extension: add more balls.

ASSESSMENT FOR LEARNING

By observation. Look for consistent use of underarm throw and ability to get near to / inside the target hoop.



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Pre School Water Safety

Physical Development: Session 4



DESCRIPTION

Fourth of 4 Physical Development session plans for the school hall or outside space. These sessions can be used in conjunction with the Pre-School Water Safety Health and Wellbeing lesson plans.

GENERAL INFORMATION

Recommended Age Range: 3-5 year-olds

Curriculum Subject Focus: Physical Development

Skill Development: Running

PREPARATION

Resources: hall space, Sun Safety Flashcards in Resources (printed off into sets for group work).

KEY VOCABULARY

Body part names for warm up, sun, hot, sun safety, sunscreen, hat, umbrella, water.

OBJECTIVE(S)

I can work in a team to collect and name sun safety objects.

OUTCOMES

KNOW... That the heat of the sun can be harmful.

UNDERSTAND... That there are ways to keep safe from the sun.

BE ABLE TO... Name objects that help protect from the sun.



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Pre School Water Safety

Physical Development: **Session 4**



INTRODUCTION

Sit children in a circle / group. Briefly explain the activities in this session and emphasise safety rules i.e. no pushing / shoving / pulling etc.

WARM UP

Patches and points.

Children move around the hall space, using the travel method stated by the teacher (run, jump, swim etc). On command, children stop moving and rest / balance on the body point / patch called out. Begin with patches and extend to points for balance development.

MAIN ACTIVITY

Sun Safety Relay.

Place the Sun Safety Flashcard sets at one end of the hall.

Briefly talk about the need to keep ourselves protected from the sun (reasons, methods, items that can cover us / protect us). Show and discuss a set of sun safety cards.

Divide children into groups, each group facing a set of sun safety cards at a preset distance. Teacher will call out a sun safety card and first child will run to retrieve the correct card from the pack and return to the group. Repeat until all cards are retrieved.

Extension: the sun safety cards are spread around the hall. Each group must work to collect a complete set, returning / swapping duplicates.

COOL DOWN

Strike a pose.

Children sit in a large circle. On command (1,2,3 – freeze!) children must keep completely still. Anyone who moves is out. Repeat for a predetermined time.

Extension: children must freeze in a facial expression (angry, sad, happy etc).

ASSESSMENT FOR LEARNING

By observation and outcome.

For more resources and advice
visit www.rlss.org.uk





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RLSS UK, Red Hill House, 227 London Road, Worcestershire WR5 2JG
rlss.org.uk | info@rlss.org.uk | 0300 3230 096



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