

10 LESSON SURVIVAL SWIMMING PROGRAM STUDENT ACTIVITY BOOKLET

NAME:

CLASS:

SWIMMING GROUP:



LESSON 1:

Key water safety message to share:

Student reflection:

Today I learnt:

Today my biggest challenge was:

Today my biggest achievement was:

Task 1:

My goals for this swimming program are:

Task 2:

Practise blowing bubbles in the bath or a sink at home.



LESSON 2:

Key water safety message to share:

Student reflection:

Today I learnt:

Today my biggest challenge was:

Today my biggest achievement was:

Task 1:

Label the safety signs below:



Task 2:

With a parent/guardian, find any potential water hazards in your home and safely remove them (bucket/paddling pool) or ensure access is restricted (pond/swimming pool).

LESSON 3:

Key water safety message to share:

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Student reflection:

Today I learnt:

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Today my biggest challenge was:

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Today my biggest achievement was:

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Task 1:

What are the signs that show someone is in trouble in the water?

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Task 2:

Teach one person at home how to call for Help!



LESSON 4:

Key water safety message to share:

Student reflection:

Today I learnt:

Today my biggest challenge was:

Today my biggest achievement was:

Task 1:

Sit on the edge of a bed, chair or couch with your legs hanging over the end. Lie on your back and look up towards the ceiling. Practise your survival backstroke kicks 40 times. Concentrate on keeping your knees in line with your hips (do not bring them up to your tummy) and dropping your heels down towards the floor. Put something flat (like a book) over your hips to stop your knees coming up.

Task 2:

Teach someone at home about the survival strokes, including when and why we would use them.

LESSON 5:

Key water safety message to share:

Student reflection:

Today I learnt:

Today my biggest challenge was:

Today my biggest achievement was:

Task 1:

Using materials you find around your home, design your own piece of rescue equipment or flotation aid. Ask a parent/guardian to help you. Think about the type of materials you are using and how you would use your design to rescue someone having trouble in the water. Bring your design along to your next swimming lesson to test in the pool.

Task 2:

Draw your design here.

LESSON 6:

Key water safety message to share:

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Student reflection:

Today I learnt:

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Today my biggest challenge was:

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Today my biggest achievement was:

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Task 1:

How effective was your homemade rescue aid/flotation device when you tested it in the water? Did it work? Why/why not? What changes could you make to improve your design?

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Task 2:

Teach someone at home how to perform a talk, reach and throw rescue (out of the water).



LESSON 7:

Key water safety message to share:

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Student reflection:

Today I learnt:

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Today my biggest challenge was:

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Today my biggest achievement was:

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Task 1:

Teach your family how to do the huddle. Talk to your family about why it is important and when you might use the huddle.

Task 2:

Bring a long-sleeved shirt/top and long pants to your next swimming lesson. You will be wearing these clothes in the water, so don't bring your favourite clothing. Think about the type of material your clothing is made of and how it might change when it gets wet.

Task 3:

Label the important features on the lifejacket.



LESSON 8:

Key water safety message to share:

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Student reflection:

Today I learnt:

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Today my biggest challenge was:

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Today my biggest achievement was:

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Task 1:

What clothes did you wear in the water today? How did you feel swimming in long clothing? When you are next going to be near the water, what sort of clothing will you wear? Why?

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Task 2:

Practise the hand sculling movement for 2 minutes. Ask someone at home to time you.



LESSON 9:

Key water safety message to share:

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Student reflection:

Today I learnt:

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Today my biggest challenge was:

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Today my biggest achievement was:

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Task 1:

Teach someone at home the basic emergency response, DRSA.
Fill in the spaces below to finish the emergency response plan.

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..... What number should you call in an emergency?

R
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S
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A
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Task 2:

Bring a long-sleeved shirt/top and long pants to your next swimming lesson. You will be wearing these clothes in the water, so don't bring your favourite clothing. Think about the type of material your clothing is made of and how it might change when it gets wet.

LESSON 10:

Key water safety message to share:

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Student reflection:

Today I learnt:

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Today my biggest challenge was:

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Today my biggest achievement was:

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Task 1:

Goal reflection: What were your swimming program goals? Did you achieve them? How do you feel about swimming now that the program has finished?

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Task 2:

Make a postcard for your family about your swimming program. Cut a piece of A4 paper in half. Draw a picture on the front that shows what you did during the program. On the back, be sure to include two safety messages that you have learnt.