

SINK_{OR} SWIM

LESSON PLAN SUMMARY DOCUMENT

Key Understandings

OVERVIEW

This document provides an overview of each lesson and the key understandings students should obtain.

FOUNDATION

Lesson 1- Water Drums

- Properties of water; How you use it and where you can find it; River dangers

Lesson 2- The Ripple Effect

- What is known about water; Student's relationship with water; Water in the backyard

Lesson 3- Swim Between The Flags

- Beach preparation; Safety and knowledge; Role of lifesavers; Features of a beach

YEARS 1-2

Lesson 1- Ned Kelly's River

- Aquatic Environments can change; Rescue techniques; Comparing different aquatic environments

Lesson 2- A River in the Classroom

- Currents and safety; Clothing in water; Idea of flooding and overflowing; River features

Lesson 3- Where's the Sign? Flags this way

- Beach preparation; Beach signage; Safety and knowledge; Role of lifesavers; Features of a beach; What a patrolled beach looks like

YEARS 3-4

Lesson 1- Ned Kelly's River

- Aquatic Environments can change; Rescue techniques; Comparing different aquatic environments

Lesson 2- Farmyard Fix and Backyard Blitz

- Rural property safety (water tanks, dams, drains, outdoor toilets etc.); Identifying different inland waterways; Visiting rivers safely

Lesson 3- Rainbow River

- River currents, Inland waterways; Attempting a rescue without getting into the water; Connection between The Rainbow Serpent and water

Lesson 4- Rock Pool Ramble

- Identify the role of lifesavers; Patrolled and unpatrolled beaches; Rip current and rock pool safety



LESSON PLAN SUMMARY DOCUMENT

Key Understandings

YEARS 5-6

Lesson 1- Ned Kelly's Green Sash

- Non-swimming and swimming rescue techniques; Approaching unfamiliar water; Possible dangers and hazards of rivers

Lesson 2- To the Rescue

- Properties and the difference between lakes, dams and rivers; Rescue items

Lesson 3- The River of Life

- Connection between the human body and rivers; Conditions and environments change

Lesson 4- The Swagman's Billabong

- Signage in aquatic environments; What is a billabong and how it is different; Understanding of the key water safety messages

Lesson 5- The Beach – What are the Dangers?

- Rip currents; Beach dangers; Calling for help

YEARS 7-10

Lesson 1- Don't Drink and Drown

- Effect of alcohol when in and around water; Statistical evidence of alcohol related drowning

Lesson 2- Lifejackets Save Lives

- Strategies to avoid high risk situations; Understanding and legal requirements for lifejackets; Types of Lifejackets

Lesson 3- Flood Safety

- Flood and storm water drain safety; Pollution in our waterways

Lesson 4- Inland Waterways – What are the Statistics?

- Inland waterway hazards and dangers; Rescue techniques

Lesson 5- The Beach and Rip Currents

- Beach environment; Patrolled and unpatrolled beaches; Beach information and recommendations; Rip current and black spot safety