**Water Safety Lesson Plan 12 Cold Water Shock - Science**

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| **Y5 WATER SAFETY – Lesson 12 Cold Water Shock - Science** |  |
| **Walt: conduct a Science experiment**  **Wilf:**   * **A prediction (what you think might happen)** * **An explanation of what you did (the method) including equipment you used** * **A conclusion (what you found out)** | **Teaching Points/ Resources**  **Cold Water Challenge pp Cold Water Shock Impact resources**  **Thermometers**  **Ice**  **Buckets**  **Response cards** |
| **Introduction – recap on all ways to avoid danger. Today’s lesson is about something we hope will never happen but need to understanding as it could one day save your life.** |
| **Development activity - familiarisation** | |
| **Use pp to set the scene, recap on understanding of open, outdoor water and associated dangers and how these might impact on our physical and mental capabilities.** |  |
| **Main Activity** | |
| **Set up experiment (3 buckets of water of different temperatures ranging from warm to cold to water with ice in). Predict what it will feel like to put hand in starting with warm and progressing to iced water. Write up experiment using sheet including conclusion.** |  |
| **Observation task – What can I see?** | |
| **Have a look at partner’s experiment sheet. Is it the same/different to yours?** | **Ask the observer to look out for 2 things:**   1. **Check for anything missing** 2. **Discuss the conclusion**   **Share some observations.** |
| **Competition Time** | |
| **Use slides 14 onwards on pp ‘Cold Water Impact’ on body and mind. Use Cold Water response cards. How would Homer Simpson feel? Slide 18**  **Quiz Time. Ask a question for someone else to answer.** |  |
| **Plenary** | |
| **Feedback on walt/wilf – thumbs for self assessment**  **Next week: write a report on cold water shock.** | **Recap main points of lesson** |