**Water Safety Lesson Plan 5 Throw and Reach Rescues – Drama/PE Teamwork Practical**

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| **Y5 WATER SAFETY - Lesson 5 Throw and Reach Rescues – Drama/PE** |  |
| **Walt: carry out safe throw and reach rescues**  **Wilf:**   * **spot objects which would help a reach rescue** * **know why you keep an object between you and the casualty** * **accurate throw** * **show the most stable position to pull the casualty in** * **encouraging talk to the casualty** * **explain why only a lifeguard should go into the water to rescue someone** | **Teaching Points/ Resources**  **5 boxes of: stick, hockey stick, 2 long sleeved shirts, trousers, foam noodle, broom, rounders post, bat, towel, cones**  **Worksheet Reach Rescue spot the items**  **Throw and Reach Rescue powerpoint**  **Whale Tales video ‘Reach, Throw, Don’t Go’**  <https://www.redcross.org/take-a-class/teach-water-safety/whale-tales-resources> |
| **Introduction – look at Throw Rescue powerpoint. Watch Whale Tales video ‘Reach, Throw, Don’t Go’.**  **Key questions:**   * **what do you notice?** * **what might not be safe?** * **what could you do that was different to make it safer?** * **why is it not safe to get too close to a casualty in the water?** |
| **Development activity - familiarisation** | |
| **Throw and Reach Rescue powerpoint. In pairs discuss suitable objects.**  **Show the different everyday items which might be used to throw to someone in the water. Brief discussion.** |  |
| **Main Activity** | |
| **Demo different throws with float/ball/bottle. Try skipping rope. Teach correct positioning for a reach rescue. Choose an object, lie or kneel on ground and reach as far as possible.**  **Key questions:**   * **why is lying down to reach better than another position? Which is the most stable?** * **which object allows the best reach and why?** * **why is accuracy so important?** * **if water is moving one way, where should you aim rescue aid?** * **explore coiling the rope**   **Could extend this into relays, throw between markers and then throw round cone to return to team. Points for accuracy. Explore how to extend reach.**  **Only an adult should conduct a rescue with a rope due to the weight distribution but can demo how it is carried out (only throw a rope to drag if on smooth floor on a low friction mat). Demo coiling rope/throw bag- underarm throw, keep hold of end, swing arm to aim.**  **Watch Whale Tales video ‘Reach, Throw, Don’t Go’.** | **Peer assessment of effectiveness and safety of other rescues.**  **Differentiation:**  **keep rescues close/ further away**  **keep all rescues simple obvious rescue aids/ complex eg more than one casualty supply weighted throwing aids/unusual rescue aids**  **Can confer or think and act on own** |
| **Observation task – What can I see?** | |
| **Listen to other pairs’ opinions. Do you agree with their viewpoint and reasons? Are they the same/different to yours? Can you add anything?** | **Ask the observer to look out for 2 things:**   1. **Same/ differences?** 2. **Helpful suggestions**   **Share some observations.** |
| **Competition Time** | |
| **Which are the safest forms of rescue?**  **Let go if the rescue is too risky eg casualty too big/panicking and in danger of being pulled in**  **When is it best to stay and when to go for help?**  **When would you use each rescue approach?** |  |
| **Plenary** | |
| **Feedback on walt/wilf – thumbs for self-assessment. Any questions?**  **Next week: Look at rescue recap** | **Recap main points of lesson** |