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

|  |  |
| --- | --- |
| **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** |