

**Name/Title:** How to be safe in and around water.

**Purpose of Event:** To Summarize methods for reducing injuries in and around water.

**Suggested Grade Level:** 3-5

**Materials Needed:** Paper/Pencil Blackboard/Chalk or Dry Erase board/Markers Handouts

### Description of Idea

Check out a video from your local chapter of the American Red Cross. Have students create posters that include the following ways

ways to be safe at the beach, at a pool, or at a pond or lake. These can include but are not limited to:

- Do not swim without a lifeguard present

- Do not swim out too far.
- Do not go out into the water alone
- Do not go into the water near any object, such as rocks or a pier.
- Do not go into the water if you do not know how to swim
- Always have an adult around
- See how deep the water is in the section you are at by looking at the numbers at the side of the pool
- Do not run around the pool, walk.
- If you don't feel comfortable in the deep end, don't swim in it.
- Do not play rough
- Do not chew gum or eat anything while swimming, you could choke.
- If a pool is closed, don't try to go into it
- Never swim alone
- Never trust a water toy to help save your life
- Obey all the pool rules.

\*\*USE SUN SCREEN OF 45, or above, at all times

Display these posters that students create in your classroom and/or school halls to promote health education and water safety. Have each student discuss their poster and why they created it.

### **Variations:**

1)Teacher creates scenarios for students on cards and reads scenarios aloud. These scenarios could have students talking about the following:

What is "right" or what is "wrong" (unsafe activities) in a particular scenario. Class discussion following.

2) Teacher could bring to class water safety equipment such as a life jacket, rescue rings, posted signs, sunscreen, etc that students can use in role plays that demonstrate "wrong" or "right" ways of water safety skills. Class discussion following.

### **Assessment Ideas:**

Handouts with questions that include, but are not limited to:

1. Always swim with a \_\_\_\_\_ around.
2. Breathing in water can make you \_\_\_\_\_.
3. At a pool, you see a 5, what does that mean?
  
4. Should you swim alone?
  - a. Yes
  - b. No
  
5. When going around a pool you should
  - a. run b. crawl
  - c. walk d. skip
  
6. When you are at the beach, should you swim where a lifeguard can see you?
  
7. Should you pretend that you are drowning?
  
8. At the beach, should you swim out really, really far?
  
9. If you can't swim, whom should you ask if you could get swimming lessons?
  
10. At a pool, should you swim in the deep end if you can't swim?

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Submitted by **Martin Hubner** in Wilmington, NC. Thanks for contributing to PE Central! **Posted on PEC: 3/17/2008.**

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