

# DRY LAND ACTIVITIES

**SWIM TO  
SCHOOL  
WEEK** 1-5 DEC

**Grades: ELC to Grade 2**

## Respond to an emergency & primary assessment

### PURPOSE:

Designed to reinforce the understanding of swimming between the flags at the beach.

**TIME:** 5 mins

### ITEMS REQUIRED:

Surf Life Saving Flags - you can make these out of pieces of red and yellow paper.

### INSTRUCTIONS:

- Nominate 2 people to hold Surf Life Saving flags.
- Each person moves to a separate location to represent where it is safe to swim.
- Ask children to stand up and move together to the place where it is safe to swim.
- Once everybody is between the flags, ask the flag holders to change their locations.
- The children move again so they are all between the flags.
- Repeat 2-3 times



## Optional Questions - Check the Learning

**Q: Where is the safest place to swim at the beach?**

A: Between the red and yellow flags

**Q: What do the red and yellow flags mean?**

A: They show the safest area to swim because lifesavers are watching this section of the beach.

**Q: Why shouldn't we swim outside the red and yellow flags?**

A: It might be dangerous and the lifesavers can't see us there.

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## Rescue Game

### PURPOSE:

To teach children how to be safely rescued and to introduce the concept of performing a rescue from the security of dry land. Emphasise that in a real-life situation, they should lie down on their tummies while pulling someone to safety. This will ensure that they don't also fall into the water.

**TIME:** 10-15 mins

### ITEMS REQUIRED:

Items that could be used for a reach and rescue, such as pool noodles, towels or jackets.

### INSTRUCTIONS:

- Divide children into groups of 6 and nominate a leader for each group.
- The groups form a line and the leader takes 3 steps to the front. The leader takes a rescue item and faces their group.
- The first person in the line has to raise one open hand in the air and call for help. The leader reaches out with the towel, jacket or noodle and calls out "Grab Hold!"
- The leader gently pulls the first person in the group towards them by moving their hands up the towel, jacket or pool noodle, until the rescue is complete
- The leader goes to the end of the group and the person rescued becomes the new leader (rescuer).
- Continue until everybody has had a turn at being rescued and being the rescuer.

**SAFETY TIP:** Remind students to respect each other's space and take care when throwing rescue items like towels, jackets, or noodles - aim gently and avoid aiming at the head or face to prevent injury.



### Optional Questions - Check the Learning

**Q: What should you do if something goes wrong in the water?**

**A:** Put your hand up high and shout "Help!" so someone can come and help you quickly.

**Q: If someone needs help in the water, what's the safest way to help them?**

**A:** Lie down on your tummy, so you don't get pulled in, and reach out with something long. Tell them to grab hold and pull them to safety.