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| Setting the scene – the pool is an area of open water i.e. sea, lake, canal | | **Teacher Notes** |
| Emphasize the coldness of the water |
| Activity | You are on a boat trip and the boat has capsized. There are a number of your friends on the boat, some are very good swimmers and swim in competitions, some have just learnt to swim.  Everyone is thrown into the water. What is your first reaction?  What happens to your body? Why?  Do you think the very good swimmers will have a better chance of survival than those who have just learnt to swim? Why?  It is very important to keep your head out of the water. Why?  Practical challenge for pupils  Complete an obstacle course. Give the pupils the opportunity to go round, over, through equipment. The challenge is to perform the course keeping the head dry throughout. | Ask questions and listen to the children’s answers.  Experience ‘cold shock’ which affects the breathing and coordination. Keep the head above water.  Heart, lungs and other organs get cold and eventually stop.  No. The COLD WATER.  There is no fat on the top of your head to keep in the warmth, the heat from the body escapes from our heads. |
| Evaluation | Discuss the answers to the questions and the actions the children have taken in the challenge. | |

Water Safety Lesson Plan 1: Introduction to swimming in cold water

School: Year/Class Term: Teacher:

Duration: 30–45 minutes

Equipment: Floats of various sizes, noodles, balls, etc.

Learning objective: Understand the effects cold water has on the body