

Water Safety

Lesson Title: Splashing into Safety

Grade Level: PK – 2nd Grades

Objective: Students will be able to identify how to behave around different bodies of water.

Oklahoma Health Education Standard(s):

Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Standard 2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.

Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Equipment:

1 Parachute

Quick Facts:

- Always make sure there is adult around when you are by any body of water.
- Lifejackets and floaties need to fit and be snug, not loose where they can cause harm.
- Only swim where you are comfortable, do not get in the water if you do not feel safe.
- Never swim alone.
- Always walk and never run around pools.
- To help keep your feet safe in lakes and rivers, wear water shoes.

Activity:

1. Students will sit on the ground in a circle holding the edge of the parachute.
2. You will pick one student to be the shark and another student to be the lifeguard.
3. The shark will be under the parachute while the lifeguard walks around the circle.
4. The students will begin to shake the parachute to create a wave effect.
5. The shark will then begin to try and pull students into the parachute while the lifeguard tries to save them.
6. If the shark pulls the swimmer under, then they switch roles. If the lifeguard saves the swimmer, then they switch roles.



Lesson Title: Know When to Stop

Safety Topic: Water Safety

Grade Level: 3rd – 6th Grades

Objective: Students will be able to identify how to behave around different bodies of water.

Oklahoma Health Education Standard(s):

Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Standard 2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.

Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Equipment:

None

Quick Facts:

- Always make sure there is adult around when you are by any body of water.
- Lifejackets and floaties need to fit and be snug, not loose where they can cause harm.
- Only swim where you are comfortable, do not get in the water if you do not feel safe.
- Never swim alone.
- Always walk and do not run around pools.
- To help keep your feet safe in lakes and rivers, wear water shoes.



Activity:

1. Students are to walk towards you (your back is to them) when you share a safe entry or exit behavior.
2. When they hear an unsafe entry or exit behavior they are to stop quickly. You turn around and if you see anyone moving they are caught and start back at the beginning.
3. The first person to get to you by choosing safe behaviors wins.
4. Discuss how they can use these safe behaviors in swimming activities they participate in (i.e., going to the lake in the summer, swimming pools, etc.)

Safe Behaviors

- Using poolside steps to enter or exit the swimming pool
- Always walking and never running around the swimming pool
- Never swimming alone

Unsafe Behaviors:

- Swimming in lake or ocean without lifejacket
- Swimming where you are not allowed to
- Entering water without permission

