



Float to Live

PE Lesson Plan

Description

In addition to our Water Safety messages, in partnership with the Royal Life Saving Society (**RLSS**) and the Royal National Lifeboat Institution (**RNLI**), it is important to understand and safely practise two life-saving skills in a water emergency. The lesson will be interactive, with students learning through demonstrations and practical activities, covering important messages such as 'float to live' and the use of flotation devices. should they ever need to help someone in trouble.

These practical activities do not need to be conducted around water and should be used with supporting information from our Water Safety Presentations.

General Information

Lesson Focus

Float to Live and
Throw line technique

Recommended Key Stage

All key stages

Curriculum Focus

Physical Education

- Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities

Preparation

- Open space (playground)
- Chalk
- Tennis ball/beanbag

Learning Objectives

- To understand and demonstrate the correct position to float
- To be able to demonstrate the correct technique to release a flotation device such as a throw line

Introduction

This lesson will be delivered by a class teacher/teaching assistant

Float to Live

Supporting information on slides:

- **17 and 18 of Water Safety Presentation – KS1**
- **23 and 24 of Water Safety Presentation – KS2**

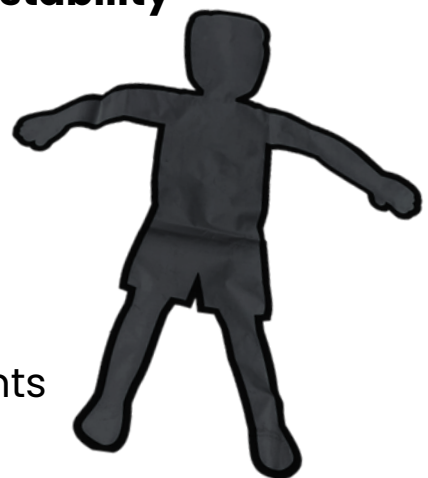
Explain the importance of floating in a water emergency situation.

Explain the 5 steps to float:

1. Tilt your head back, **submerging** your ears
2. **Relax** and try to control your **breathing**
3. Move your hands to help you stay **afloat**
4. Your legs might **sink** but that's **OK** – everyone floats **differently**
5. **Spread** your arms and legs to improve **stability**

Activity 1:

- **Organise** students into pairs
- **Ask** students to find a space on the playground.
 - Using the **5 steps to float** get the students to demonstrate how they will position themselves to float if they were in water.
 - The student who isn't demonstrating can **draw** (with chalk) around their partner to show the correct floating position – students can swap and take turns



Throw Line

Supporting information on slide:

- 8 of Water Safety Presentation – KS1 and KS2

Explain the importance of making the **right call** in a water emergency.

Question:

Who should you call for an emergency in **inland water**?

Who should you call for an emergency along the **coastline**?

- **Organise** students into pairs
- Using a **tennis ball/beanbag**, students can practise their **underarm throwing skills** by throwing the ball to each other.
- Ask students to focus on accuracy as this will mimic throwing a throw line/flotation device to someone in the water.
- Explain to the students that it's important for the ball or beanbag to land near their partner (approx an arms length) – they're not required to catch it.

Challenge:

- If students are successful at throwing from a short distance, increase the distance.

The focus is still to maintain accuracy.

- teachers can join both **float** and **throw line** activities together.



Assessment for Learning

- Students will be able to confidently and safely demonstrate an understanding of “float to live”, by positioning themselves correctly.
- Confident at under arm throwing, getting the thrown object within an arms length from the intended target.