





**Theme:** Water Safety

**Duration:** 2 hours

**Rationale:** To build children’s knowledge and understanding of how to stay safe in or around water.

**Supporting Scheme:** [Water Safety - Healthy Schools \(healthyschoolscp.org.uk\)](http://healthyschoolscp.org.uk) – Staff to use presentations and supporting teaching notes.

			
Responsibility – Takes responsibility and asks for help where needed.	Compassion – Recognises behaviours impacting on others.	Problem solving – Can ask and answer questions.	Compassion – Strives to make things better.

	Vocabulary	Knowledge	Enrichment	Reading
<b>EYFS</b>	<ul style="list-style-type: none"> <li>· Water</li> <li>· danger</li> <li>· float</li> <li>· stop</li> <li>· think</li> <li>· tide</li> <li>· rocks</li> <li>· reeds</li> <li>· adults</li> <li>· animals</li> <li>· help</li> </ul>	<ul style="list-style-type: none"> <li>· Know that water can be dangerous</li> <li>· To name where they might come across different water – bath, swimming pool, lake, seaside</li> <li>· You should always walk when near water</li> <li>· Water can be brilliant fun, but we have to follow rules to stay safe.</li> <li>· You should stop and think about the possible dangers of water:               <ul style="list-style-type: none"> <li>- tide coming in</li> <li>- sharp rocks in the water</li> <li>- getting tangled on reeds</li> <li>- animals in the water.</li> </ul> </li> <li>· To stay safe you should stay with an adult.</li> <li>· Public swimming pools have lifeguards to help keep us safe.</li> <li>· A lifeguard might blow their whistle to give you an instruction.</li> <li>· If you get into difficulty in water, you should stay calm and float on your back.</li> <li>· If you see someone struggling in water you should shout for help and call 999</li> <li>· If you can’t swim and you are near or in water, you can wear a float to help you.</li> </ul>	<a href="https://rnli.org/youth-education/education-resources/lower-primary/water-safety-passport-1">https://rnli.org/youth-education/education-resources/lower-primary/water-safety-passport-1</a>	Signs
<b>Year 1 and Year 2</b>	<ul style="list-style-type: none"> <li>· Water</li> <li>· Beach</li> <li>· Coastguard</li> <li>· Sea</li> <li>· conditions</li> <li>· Flags</li> <li>· Tide</li> <li>· Current</li> <li>· costume</li> </ul>	<ul style="list-style-type: none"> <li>· Water can be fun but is also dangerous</li> <li>· We enjoy water in different places – beach, streams, lakes, canals</li> <li>· Coastguards keep watch along certain beaches to help keep visitors safe.</li> <li>· Coastguards watch the sea conditions and put out flags to tell visitors where and when it is safe to enter the water.</li> <li>· The tide can move quickly at the beach and you should be aware of which way the tide is moving.</li> <li>· The current can pull you out to sea.</li> <li>· You should stay with an adult.</li> </ul>	<a href="https://rnli.org/youth-education/education-resources/lower-primary/fly-the-flag">https://rnli.org/youth-education/education-resources/lower-primary/fly-the-flag</a>	Signs

	<ul style="list-style-type: none"> <li>· wind sock</li> </ul>	<ul style="list-style-type: none"> <li>· It is good to wear bright coloured costumes to help adults see you.</li> <li>· Coastguards put out flags to tell you information. <ul style="list-style-type: none"> <li>- Red – Should not enter the water</li> <li>- Red and yellow – safe to swim</li> <li>- black and white chequered – surfing area</li> </ul> </li> <li>· A wind sock can be put up to show you the direction the wind is blowing.</li> <li>· If you get into danger you should float on your back.</li> <li>· If you see someone in danger, you should shout for help and call 999.</li> </ul>		
<p><b>Year 3 and Year 4</b></p>	<ul style="list-style-type: none"> <li>· RNLI</li> <li>· charity</li> <li>· Sea</li> <li>· Rescue</li> <li>· safe behaviours</li> <li>· dangers</li> <li>· unexpectedly</li> <li>· float</li> <li>· position</li> <li>· breathing</li> <li>· temperatures</li> <li>· emergency</li> </ul>	<ul style="list-style-type: none"> <li>· RNLI is a charity that saves lives at sea.</li> <li>· RNLI also make rescues from other bodies of water – rivers, canals, lakes, reservoirs, ponds</li> <li>· Spot dangers in water – swimming when the red flag is up, playing where there are boats, playing next to the water.</li> <li>· The beach is fun to go, as long as they keep their eyes peeled for potential dangers.</li> <li>· Recognise safe behaviours – swimming between the correct flags, staying together.</li> <li>· It is important to stay together when near water</li> <li>· You should be sensible near water</li> <li>· RNLI rescue lots of people from the water – many of those did not expect to get wet.</li> <li>· If you fall into water unexpectedly, it can cause something called cold water shock.</li> <li>· If you fall in, you should float straightaway.</li> <li>· The best position is to float on your back and stretch out your arms and legs – like a star.</li> <li>· The neck should be slightly tilted upwards to allow for easy breathing and you should breathe slowly.</li> <li>· Raise your arm and shout for help or swim to safety if you can.</li> <li>· Water can be different temperatures and is often cold.</li> <li>· In an emergency situation, you should call 999/112</li> </ul>	<p><a href="https://rnli.org/youth-education/education-resources/upper-primary/rnli-water-safety-passport-2">https://rnli.org/youth-education/education-resources/upper-primary/rnli-water-safety-passport-2</a></p>	<p>Posters</p>

<p><b>Year 5 and Year 6</b></p>	<ul style="list-style-type: none"> <li>· dangers</li> <li>· contamination</li> <li>· stranded</li> <li>· stop and think</li> <li>· stay together</li> <li>· floating</li> <li>· calling for help</li> <li>· movement</li> <li>· equipment</li> <li>· inflatable</li> </ul>	<ul style="list-style-type: none"> <li>· To know the difference that RNLI has made (key facts)</li> <li>· To recognise dangers at the beach, river and harbour – boats, contamination in water, tide, stranded on rocks</li> <li>· To remember the importance of stopping and thinking, staying together, floating and calling for help.</li> <li>· They should stop and think about – <ul style="list-style-type: none"> <li>- Water can be moving</li> <li>- Water is often colder than you think</li> <li>- The edge can be dangerous</li> <li>- There might be dangers under the water</li> </ul> </li> <li>· Recall safe people near water – adults (family and friends), lifeguard, coastguard</li> <li>· You should plan your activity</li> <li>· You should always make sure it is a safe place to go – flags, public swimming are etc.</li> <li>· It is important to be able to swim and float.</li> <li>· Recognise that you can drift out to sea on an inflatable.</li> <li>· If fall in – Float, catch breath and call for help. Keep hold of any equipment you might have like a bodyboard, as it will help to keep you afloat</li> <li>· If you see someone in danger, call for help and then stay away from the water’s edge.</li> <li>· Look for anything you can find that might help the person in the water to float.</li> <li>· Keep watch until help arrives and keep talking to the person in the water to reassure them that help is on its way.</li> <li>· Identify how to stay safe in different scenarios.</li> </ul>	<p><a href="https://rnli.org/youth-education/education-resources/lower-secondary">https://rnli.org/youth-education/education-resources/lower-secondary</a></p>	<p>Leaflets</p>
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