

NAME:.....

SEASON:.....

SURF PLAY 1

Lesson Plans

Date activity was completed

1. **My Beach Playground**
Introduction to Surf Life Saving Date __/__/__

2. **My Beach Playground**
Introduction to Surf Life Saving Date __/__/__

3. **If I need help**
Personal Safety Date __/__/__

4. **Friend or Foe?**
Ecosurf Date __/__/__

5. **Slip, Slop, Slap**
Sun safety Date __/__/__

6. **Watching over you**
Surf safety Date __/__/__

7. **I'm a lifesaver**
Patrols Date __/__/__

8. **Beached Whales**
Water Confidence Date __/__/__

9. **Swinging Legs**
Wading Date __/__/__

10. **Land Crabs**
Beach sprint Date __/__/__

Attendance Register

Attendance will be based on Sign-in Sheets, please ensure your nipper is signed in and out of every session even if arriving late. Surf Education Certificates will be presented to those Nipper's that attend a minimum of 10 sessions and have been signed off on each surf education activity shown above by their coach.

****As Under 6 do not do water activities except for Wade, which is only situated in shallow water, no preliminary swimming assessment is required for this age group.***

SURF PLAY 1

Dear Parents

Thank you for choosing to participate in Surf Life Saving activities.

This resource has been designed to deliver a positive learning experience for all involved.

We hope you enjoy using this resource and the new skills and knowledge that are a part of the education program for children registered in the under 6 age group.

The under 6 (Surf Play 1) program is about fun and participation. All water activities are conducted on the water's edge.

Each child can work through this activity book during the season with their Coach.

Thank you,

Black Rock Life Saving Club

SURF PLAY 1

Topic	Learning Outcomes
Introduction to Surf Life Saving LESSON 1: My Beach Playground	Know your way around your surf club and beach. Identify the junior activities boundaries

MY BEACH PLAYGROUND

Surf Life Saving has been providing a service to the community for over 100 years. During that time thousands of people have been rescued from the ocean or needed some form of first aid assistance.

Surf Lifesaving clubs are a place to learn the skills required to be a surf lifesaver and to socialize. The junior program will encourage our junior members to learn the new skills as they develop into young adults.

A tour of the surf club and beach environment will give you an idea of what equipment the club has and what it would be used for, where the toilet facilities and change rooms are situated and the safest part of the beach to swim. The tour may also include the introduction of committee members of your club.

Name of Age Manager

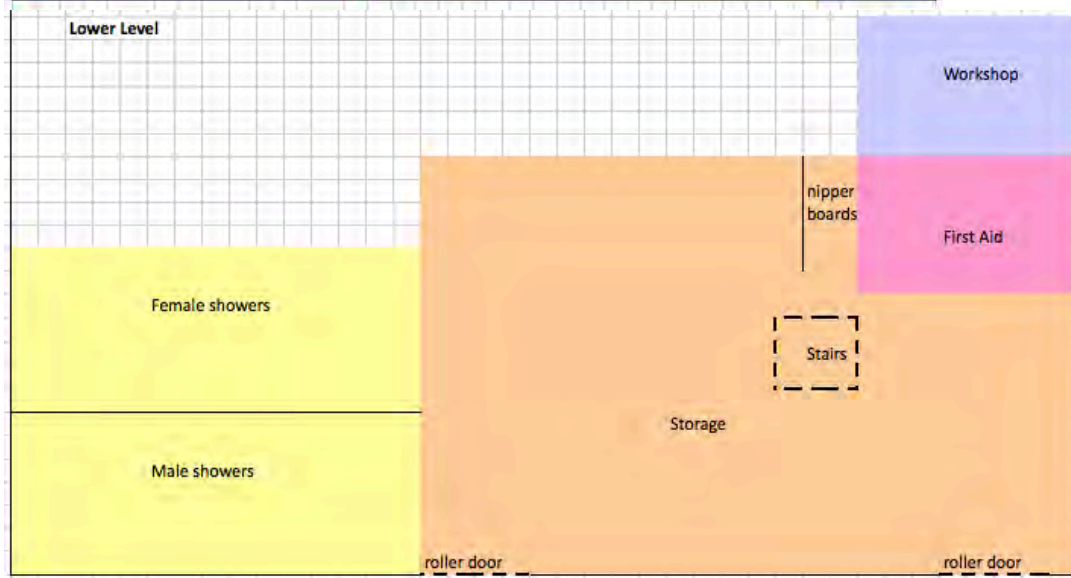
Name of Junior Coordinator

SURF PLAY 1

Tick the areas nippers are allowed to be in

Can nippers use the stairs on their own?

How do nippers get to the beach from the club room?



SURF PLAY 1

Topic	Learning Outcomes
Personal Safety LESSON 2: If I need help	Understand basic safety practices: how to signal for help, importance of having an adult present when in the water and staying with the group at all times

IF I NEED HELP

Draw lines and colour your answers.

How do you signal for Help?

What should you swim between?

Who should you swim with?

Who should watch while you swim?



SURF PLAY 1

Topic	Learning Outcomes
Ecosurf LESSON 3: Friend or Foe?	Understand the types of animals that we share the beach with. Identify dangerous animals at the beach

FRIEND OR FOE



BLUE RINGED OCTOPUS – poisonous, don't touch them



STARFISH – not usually dangerous, but be careful



STINGRAY – Great to look after but don't touch



JELLYFISH – can give you a sting, don't touch

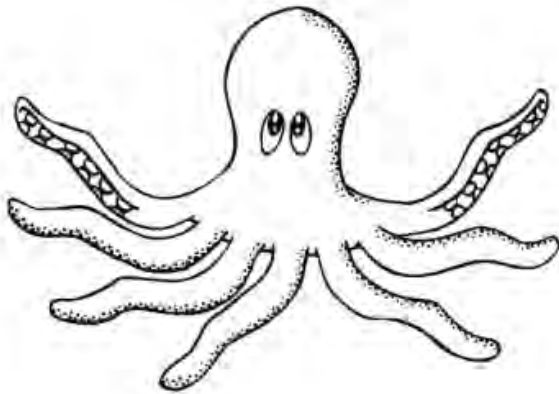
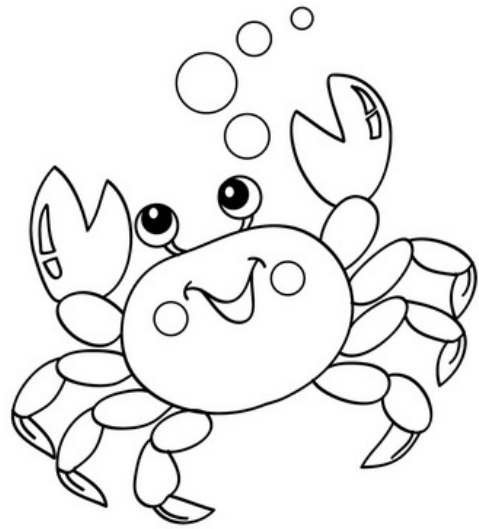
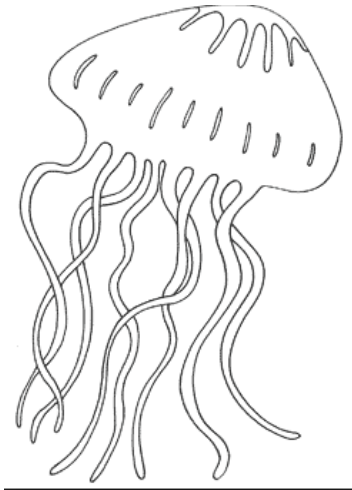


SEAWEED – will not hurt you

CRAB – not dangerous, but be careful

On the next page label the pictures and tick the ones you are NOT to touch.

SURF PLAY 1

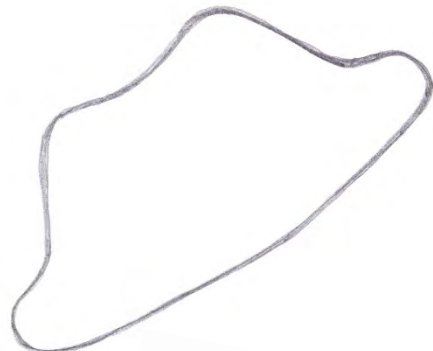
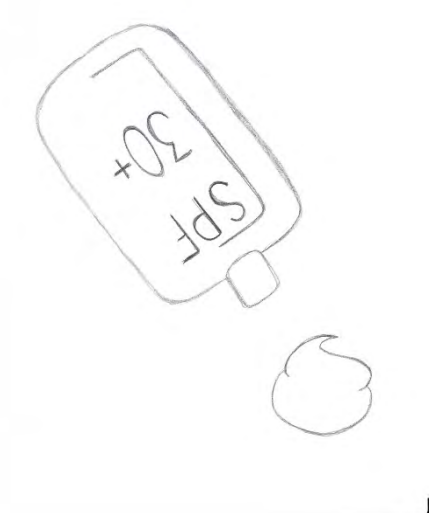
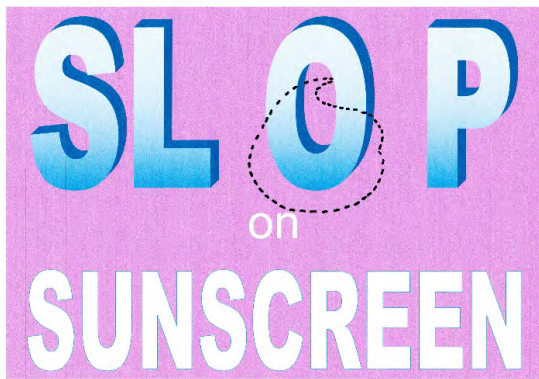


SURF PLAY 1

Topic	Learning Outcomes
Sun Safety LESSON 4: Slip, Slop, Slap	Understand the meaning of slip, slop, slap

SLIP SLOP SLAP

Match the word to the picture



SURF PLAY 1

Topic	Learning Outcomes
Surf Safety LESSON 5: Watching over you	Understand the role of an adult at the beach

WATCHING OVER YOU

Tick the right answers,

Who should watch you on a beach?

1. My pet dog
2. My Mum, Dad or an adult I know
3. Nobody
- 4.

Where should you swim on a beach?

1. Between the red and yellow flags
2. Near the rocks
3. Close to the ice cream shop

What colour does a Lifesaver wear?

1. Green and Gold
2. Red, White and Blue
3. Red and Yellow



When you are in the water where should the adult watching you be?

1. In the café across the road
2. Reading a book on the beach
3. Stood in the water and able to reach you quickly

SURF PLAY 1

Topic	Learning Outcomes
Patrols LESSON 6: I'm a lifesaver	Identify what a lifesaver looks like. Identify the safest place to swim at the beach

I'M A LIFESAVER

Draw the uniform on the lifesaver



SURF PLAY 1

Topic	Learning Outcomes
Water Confidence LESSON 7: Beached Whales	Enjoy playing in the surf Develop confidence in the water



SURF PLAY 1

Topic	Learning Outcomes
Wading LESSON 9: Swinging legs	Enjoy wading in and out of the water Develop confidence in the water

Swinging Legs

Wading is the fastest way to get out of the surf. To wade, keep your knees high, swing your legs and feet away from your body, make sure your feet clear the water, swing your arms out to the side for balance.



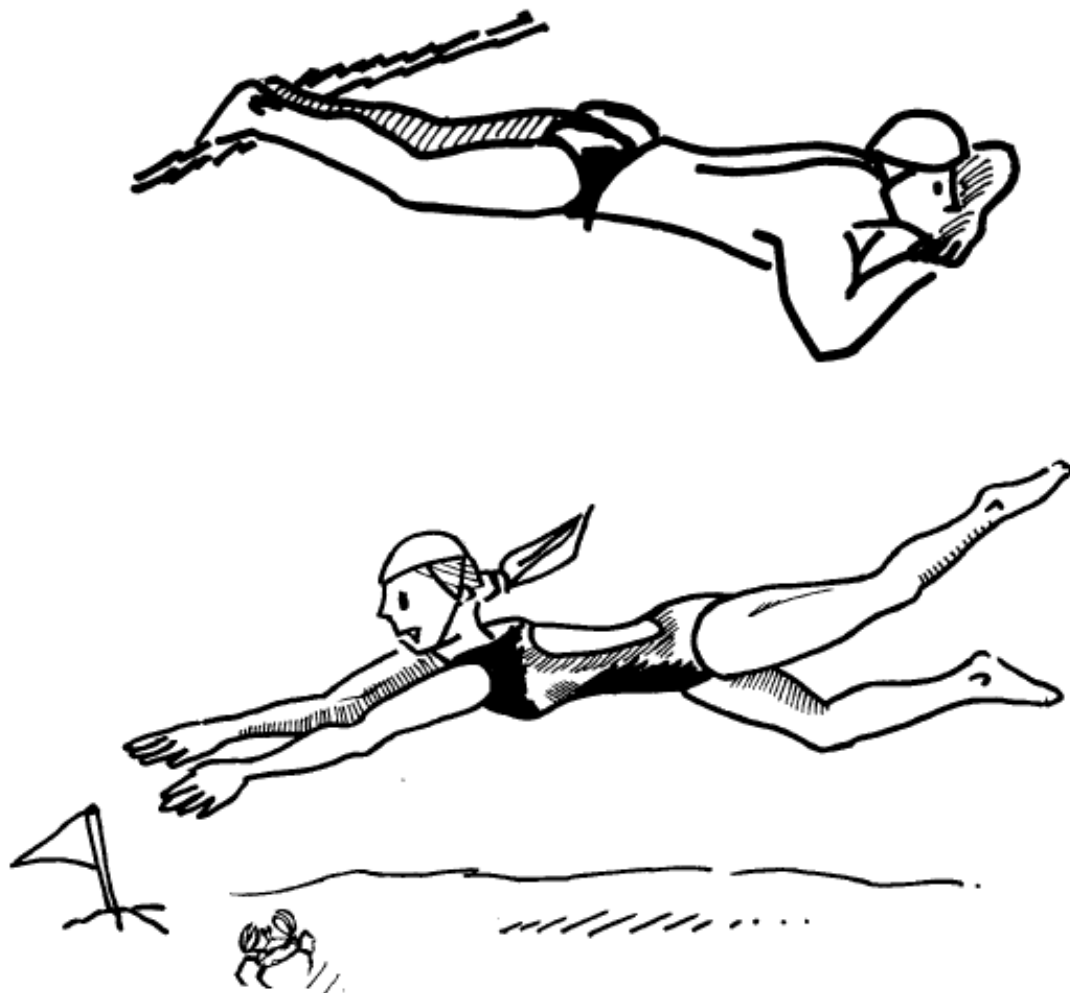
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|---|-----|----|
| Should your knees be high when you wade? | YES | NO |
| Should you swing your head to make you balance? | YES | NO |
| Should you swing your arms to make you balance? | YES | NO |
| Should you feet come out of the water? | YES | NO |

SURF PLAY 1

Topic	Learning Outcomes
Beach Flags LESSON 10: Beach fairies	Enjoy Playing beach flags

Beach Fairies

Flag start and finish



SURF PLAY 1

Topic	Learning Outcomes
Beach Sprints LESSON 11: Land Crabs	Enjoy beach sprinting and participating in beach relays

Land Crabs

To run on the beach lean your body forward slightly, lift your knees high and swing your arms strongly.



To run on the beach, should you? (tick the correct answers)

- cross your arms
- swing your arms back and forth
- lift your knees high
- hold your nose
- lean forward slightly
- look behind you
- look straight ahead