

# U7

## AGE GUIDE

### Surf Play 2



NAME:.....

SEASON:.....

# SURF PLAY 2

## Lesson Plans

## Date activity was completed

1. **My Beach Playground**  
**Introduction to Surf Life Saving**      Date \_\_/\_\_/\_\_
2. **If I need help**  
**Personal Safety**      Date \_\_/\_\_/\_\_
3. **An interesting mix**  
**Ecosurf**      Date \_\_/\_\_/\_\_
4. **Slip, Slop, Slap, Seek**  
**Sun Safety**      Date \_\_/\_\_/\_\_
5. **Danger Danger**  
**Surf Conditions & Hazards**      Date \_\_/\_\_/\_\_
6. **At arms length**  
**Surf Safety**      Date \_\_/\_\_/\_\_
7. **Beach Patrols**  
**Patrols**      Date \_\_/\_\_/\_\_
8. **Walking over water**  
**Wading**      Date \_\_/\_\_/\_\_
9. **In and Out**  
**Wading**      Date \_\_/\_\_/\_\_
10. **It's mine**  
**Beach Flags**      Date \_\_/\_\_/\_\_
11. **In it together**  
**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.

# SURF PLAY 2

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 7 age group.

The under 7 (Surf Play 2) program is about fun and participation. All water activities are conducted in shallow water.

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

Thank you,

Black Rock Life Saving Club

# SURF PLAY 2

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.

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Name of Age Manager

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Name of Junior Coordinator

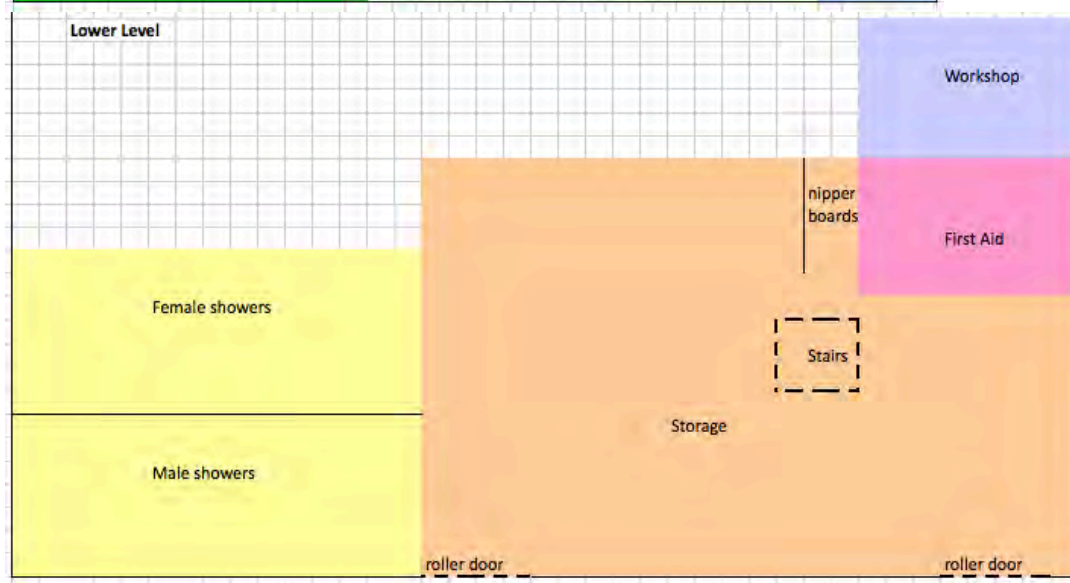
# SURF PLAY 2

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?

Can nippers use the gym?



# SURF PLAY 2

Topic	Learning Outcomes
<b>Personal Safety</b> <b>LESSON 2: If I need help</b>	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

Sometimes we may need some help when we are playing in the water. If you feel that you need some help, you will need to signal for assistance. Wave your arm above your head with a nice straight arm. Try to stay calm and float on your back until help arrives.

Draw yourself in trouble and with your hand up waving for help.



How do you signal for help? \_\_\_\_\_

# SURF PLAY 2

Topic	Learning Outcomes
Ecosurf <b>LESSON 3:</b> An interesting mix	Understand the types of animals that we share the beach with. Identify dangerous animals at the beach

## AN INTERESTING MIX



What is it

Should I touch it?

Does it belong at the beach?

Where should it be?



What is it

Should I touch it?

Does it belong at the beach?

Where should it be?



What is it

Should I touch it?

Does it belong at the beach?

Where should it be?

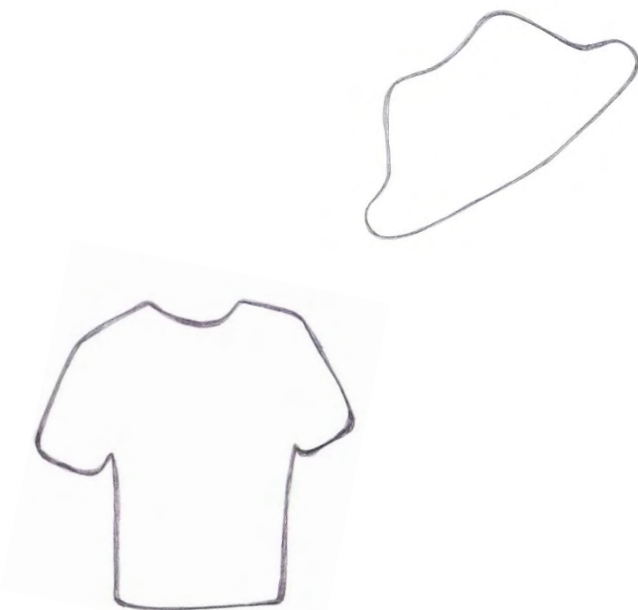
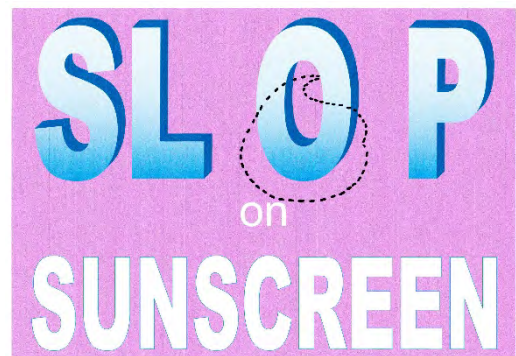


# SURF PLAY 2

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

## SLIP SLOP SLAP SEEK

Draw a line from the cards to the picture that matches it.





# SURF PLAY 2

Topic	Learning Outcomes
Surf Conditions and Hazards LESSON 5: Danger Danger	Identify dangers at the beach

## DANGER, DANGER

Sometimes we find things on the beach that are dangerous. It is important to tell an adult if you do find anything that could be dangerous. Place a tick or a cross if you the objects below are dangerous.

Draw an octopus in the yellow sign



**BLUE RINGED OCTOPUS**



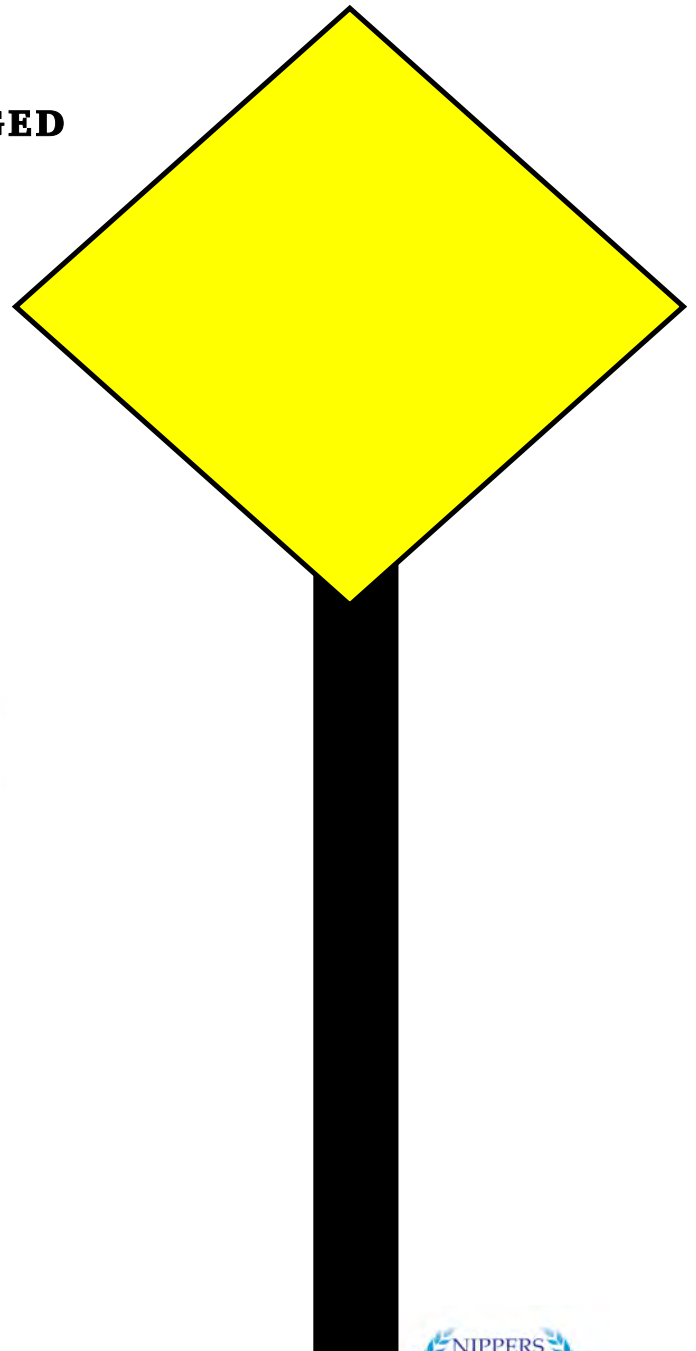
**STINGRAY**



**BROKEN GLASS**



**LARGE WAVES**



# SURF PLAY 2

Topic	Learning Outcomes
Surf Safety LESSON 6: At arms length	Identify the role of an adult at the beach

## AN ARM'S LENGTH

Colour the adults who are watching the children.



Who should watch you on a beach?

1. Your pet dog
2. Your Mum, Dad or an adult you know
3. Nobody

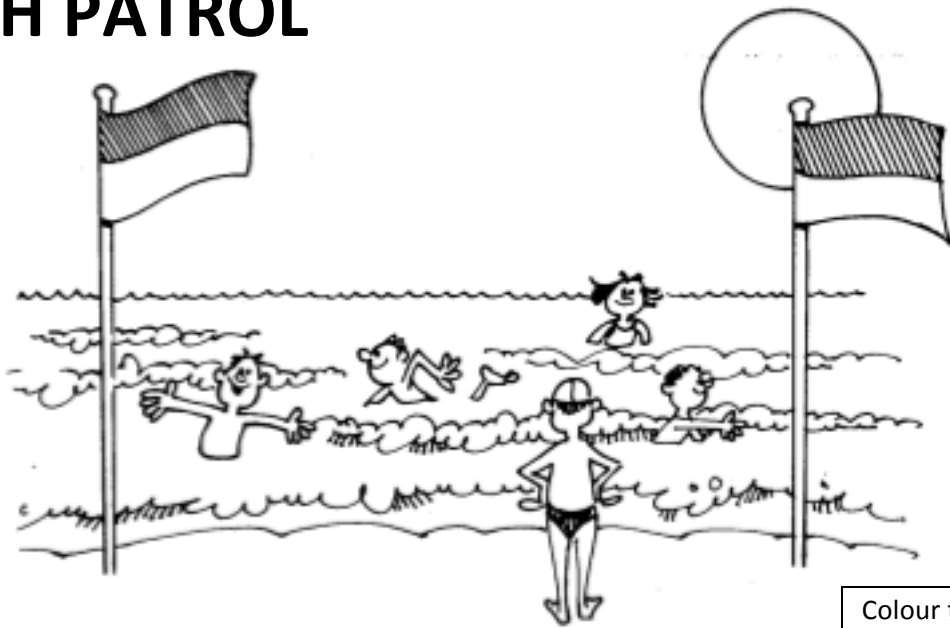
When you are in the water where should the adult watching you be?

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 2

Topic	Learning Outcomes
<b>Patrols</b> LESSON 7: Beach patrol	Identify what a lifesaver does. Identify the Red and Yellow flags and what they mean Demonstrate the 'assistance required' signal

## BEACH PATROL



Colour the flags in their correct colour

What does a lifesaver do whilst on patrol?

1. Make sandcastles whilst eating ice cream
2. Watch the people in the water and on the beach
3. Go shopping

What do the red and yellow flags mean?

1. Swim here, a lifeguard can see you and the area is safe
2. It's a hot day put on some sun screen
3. Boats can enter the water here

If you need help in the water what should you do?

1. Flap your arms and legs wildly
2. Put your arm straight up in the air, float and call 'Help'
3. Panic, shriek and wave frantically

# SURF PLAY 2

Topic	Learning Outcomes
<b>Wading</b> <b>LESSON 8&amp;9:</b> Walking over water	Enjoy wading in and out of the water Develop confidence in the water Enjoy participating in a run-wade-run

## WALKING OVER WATER

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.



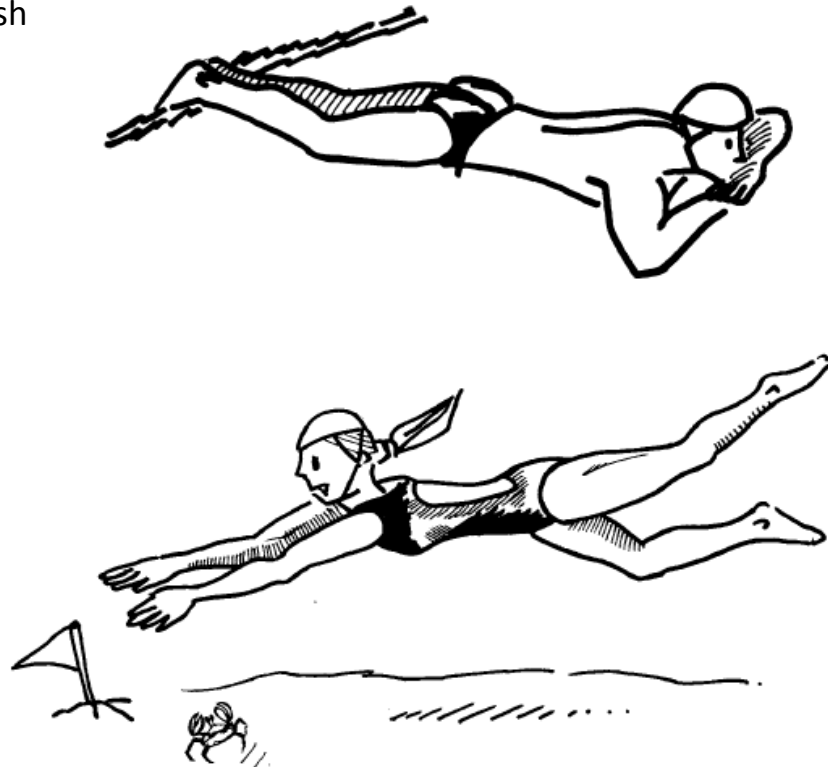
- |   |     |    |
|---|-----|----|
| Should your knees be high when you wade?        | YES | NO |
| Should you swing your head to make you balance? | YES | NO |
| Should you swing your arms to make you balance? | YES | NO |
| Should your feet come out of the water?         | YES | NO |

# SURF PLAY 2

Topic	Learning Outcomes
Beach Flags LESSON 10: It's mine	Enjoy Playing beach flags

## IT'S MINE

Flag start and finish



Circle the correct answers

When running for a flag should you..

- a).Lean your body forward, or                      b).Run with a straight body
- a).dig you toes in at the start line, or      b).bury your feet in the sand
- a).run for the flag in front of you, or      b) the flag no one else is running towards

# SURF PLAY 2

Topic	Learning Outcomes
Beach Sprints LESSON 11: In it together	Enjoy beach sprinting and participating in beach relays

## IN IT TOGETHER

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