

Water Safety Activity Pack

Key Stage 1

Understand how to stay safe and have fun around water.



- 1 Stop and Think
- 2 Stay Together
- 3 Float
- 4 Call 999



Explorers

canalrivertrust.org.uk/explorers
Canal & River Trust charity number: 1146792

Water Safety Activity Pack



Key Stage 1



Learning Objective: To understand how to stay safe and have fun around water.

Lessons (approx 15 mins each)

Introduction: What is Water Safety?

Lesson 1: Stop and Think

Lesson 2: Stay Together

Lesson 3: Float

Lesson 4: Call for Help

Activity Pack Learning Outcomes

Pupils will:

- Know water can be fun but also dangerous.
- Recognise different places where water is found (canals, rivers, lakes).
- Understand the importance of staying close to a grown-up.
- Begin to understand floating and calling for help.

Introduction

What is Water Safety?



Where can we find water?

What do you like doing near water?

What might be in or near water?

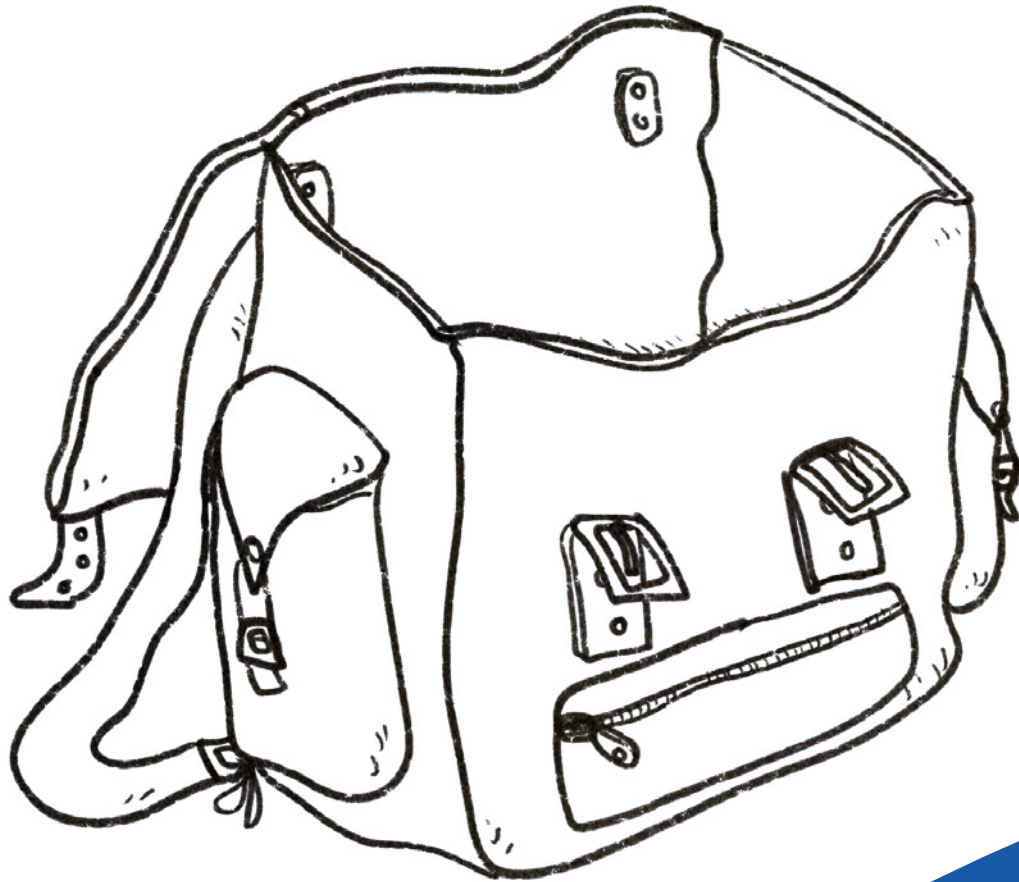
Why do we learn to swim?

Is a swimming pool the same as a canal?



Introduction

What is Water Safety?



What objects might we pack in the bag for a fun and safe day around water?

Introduction

What is Water Safety?



Which of these objects help us to **stay safe** near water?

Can you think of anything else that could be useful?

If someone is in trouble in the water, you could throw them an item that floats. Which object could you use?

Introduction

What is Water Safety?



What
is this family
doing well
around the
water?

Introduction

What is Water Safety?



What
could
this family
be doing
differently?



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Water Safety Activity Pack

Remember to stay SAFE near water

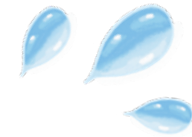
Stay **A**way From the **E**dge

Lesson 1

Stop and Think



Water can look safe, but still be dangerous.



Can you think of any examples?



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Water Safety Activity Pack

Remember to stay SAFE near water

Stay **A**way From the **E**dge

Lesson 1

Stop and Think

What dangers can you spot here?



Lesson 1

Stop and Think

What dangers can you spot here?



Lesson 1

Stop and Think

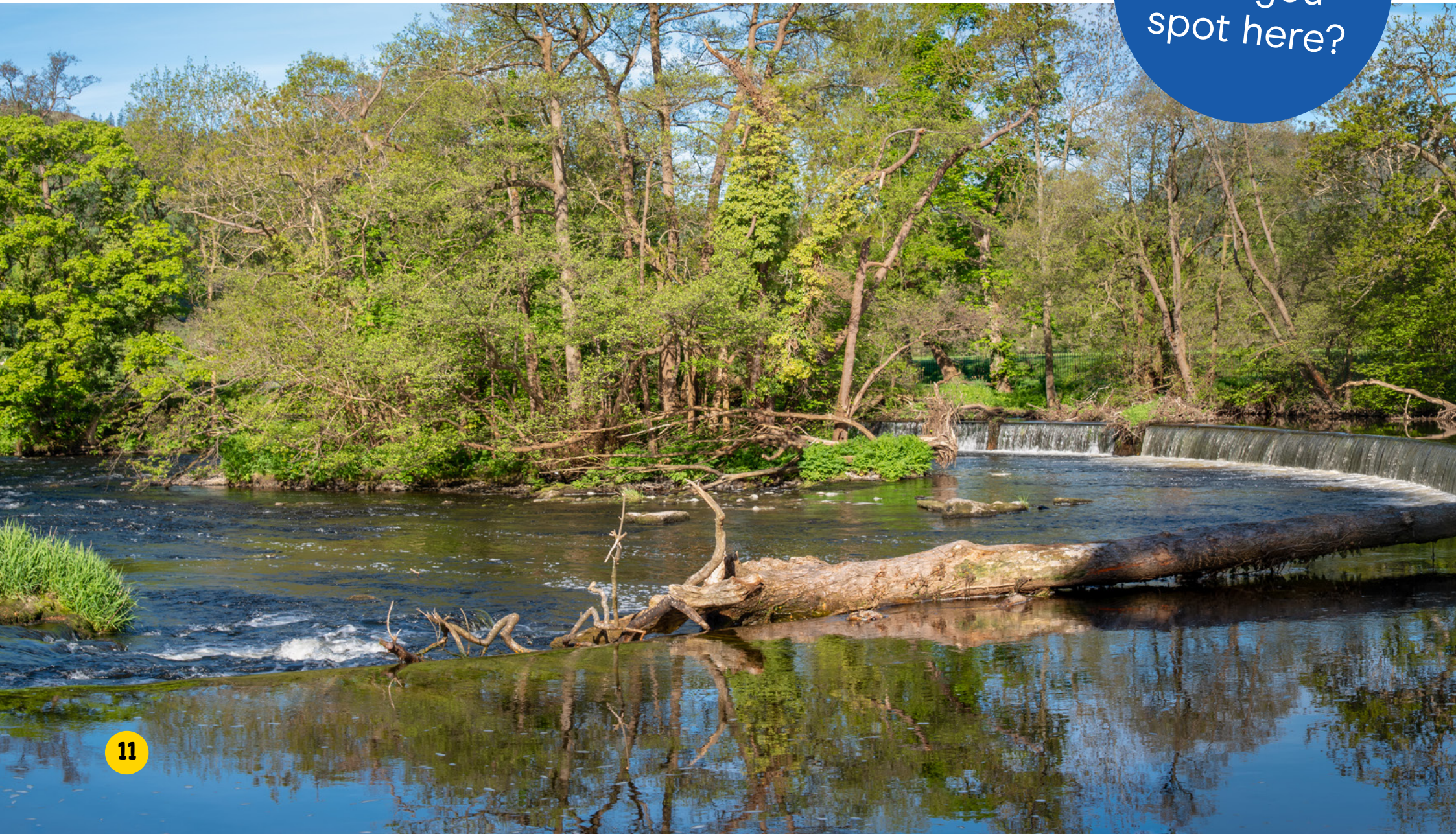
What dangers can you spot here?



Lesson 1

Stop and Think

What
dangers
can you
spot here?



Lesson 2

Stay Together



When you go somewhere near water, who might you go with?

Always stay with a grown-up.

Lesson 2

Stay Together

Let's practise making safe choices near water. Remember, this is pretend water. We stay away from the real water's edge when we are outside.

Scene 1

A child spots a duck on the water.



Scene 2

A ball rolls towards the water.



Scene 3

A boat passes by on the canal.



Lesson 2

Stay Together - Water Safety Train

In twos or threes, let's make a water safety train. Walk carefully with your partner and listen out for the commands.

Try to remember the *actions* that go with each **command**.

Together



*Hold hands
or link arms*

Edge



*Take two
steps back*

Problem



*Stop and
think*

Emergency



*Shout for
help*

Grown-up



*Point to a
grown-up*

Lesson 3

Float

Floating means staying on top of the water instead of sinking underneath it.

What things are good at floating?

How could we make a ball of clay float?

Have you ever practised floating in a swimming pool?



Lesson 3

Practise Floating



If you fall into water,
floating helps you stay safe.

Roll onto your back.

Tip your head back and look up, so
your ears are underwater.

Gently move your arms and legs.

Breathe slowly.

Then call out for help.



Practise this
in a safe
space.

Lesson 4

Call for Help

What should you do if you see somebody else in trouble in the water?

- **First**, stop and think. Never enter the water to rescue someone.
- **Phone 999** and shout for help. Tell a grown-up what has happened.
- **Tell** the person to float on their back.



Lesson 4

Call for Help

What happens when we call 999?

The emergency operator will ask questions:

What service
do you require
– police, **fire**,
ambulance or
coastguard?

Where are
you?

What has
happened?

In a
canal or river
emergency,
ask for the
fire service.



Lesson 4

Call for Help

Look
out for the
landmarks.

How would you **describe** this location to the emergency operator?

Lesson 4

Call for Help - Let's Try

You are walking beside the canal with your family.
You see that someone has fallen into the water. They're in trouble.
What should you do?



Should you
call 999?

What should
you tell the
emergency
operator?

Should you
jump in?

What could
you say to the
person in the
water?