

LESSON PLAN



DROWNING – IT’S UP TO YOU



Activity Summary

This interactive presentation and facilitated discussion is designed for delivery to a school class of approximately 30 pupils, however it can also be used for different sized groups including as an assembly activity.

RLSS UK and our partners are supporting the delivery of this presentation. If you did not request for a member of our Volunteer Education Team to visit your school to deliver this activity and you would like to request this now, please contact dpw@rlss.org.uk.

The activity may also be delivered by school staff, and would be suitable for a Tutor Group or PSHE (PSE) lesson.

Age and Level

The activity can be adapted for pupils of all ages and abilities.

Learning Objectives

- Develop understanding of the scale and causes of drowning
- Develop understanding of the danger of cold water, and jumping in from cliffs, bridges, quarries and docks
- Develop understanding of how ‘those who are left behind’ are affected by drowning
- Explore the decision making required to enjoy water safety

Preparation

1. Download the ‘Drowning – It’s Up to You’ video from the Drowning Prevention Week resource area, along with the Educator Delivery Guide (or request a school visit by emailing dpw@rlss.org.uk if you haven’t already)
2. Preview the video to ensure that it is suitable for all of your pupils (please consider if any pupils have suffered a drowning experience through a family member or friend)
3. Use the video presentation to facilitate the question and conversation activities provided