



# Physical Education Online - Lesson Plan



Lesson Plan Title:

Grade:

## Aquatics Swimming: Water Rescue

11

### General Outcome A



#### Basic Skills:

Locomotor

#### Application of Basic Skills In:

Alternative Environment

### General Outcome B



Functional Fitness

Well-being

### General Outcome C



### General Outcome D



Safety

Active Living In The Community

## Grade Specific Outcomes

### Activities Teaching Strategies:

-Sample Lesson Plan-

#### 1. Introduction (10 min.)

##### \* Entry Activity

- shower, begin fitness swim

##### \* Attendance

##### \* Announcements

- introduce student teacher

##### \* Warm Ups

- (as a part of "entry activity")

#### 2. Lesson Development (30 min.)

(a) Review {of water entries, strokes, surface supports}

-Note-

i) encourage students to practice new weaker skills

- verbal review

- practice 2 or 3 of each:

\* water entries

\* swim strokes

\* surface supports

-Note-

i) I'll observe skills here

(b) New Learning Experiences {Water Rescues}

##### \* Demonstration / Explanation

- Red Cross Water Safety: "Reach, Throw, Row, Go, Tow"

- have 2 highly certified students demonstrate

-Note-

i) "row" part of motto, will discuss

ii) students who can not go in water, assist on deck

\* Skill Development & Practice

- Students work in pairs (1 victim/1 rescuer) at each of the 3 situations: reaching assist, throwing assist, go & tow

-Note-

i)all laminated "tips" sheets at each station for student use

\* Application of Skills & Knowledge / Game

- debrief the resucue situations
  - \* if victim is conscious. . .
  - \* if victim is unconscious. . .

-Note-

i)I can check for understanding during thier practice

3. Closure (6 min.)

\* Cool Down

- {N/A}

\* Summary

- what is the Red Cross Water Safety Motto?

\* Evaluation of Lesson

- how did you do. . .?

\* For Next Lesson. . .

- "Remember to bring a hair tie back. Have a good weekend!"

### Assessment Strategies:

Have students write a note in their learning log explaining each of the 5 parts of the motto (reach - throw - row - go - tow)

---

### Equipment:

- flutter boards
- ball on a rope
- reaching poles
- laminated "tips" sheets

### Resources:

### Adaptations:

None