



EduTrend Contents

W4C · WATER SPORTS · PRIMARY

Water Safety Heroes

Learn to float, call for help and stay safe near water

Ages 7–10

Level: Foundation

45 minutes

Whole class · up to 30

Activity 01

Inside: activity at a glance · step-by-step session plan · facilitator notes · 3 pupil worksheets · assessment checklist

ACTIVITY 01 · AT A GLANCE

Water Safety Heroes

In the classroom or hall, pupils spot hazards in pictures of beaches, rivers and pools, learn beach flags and safety signs, practise the float to live star shape on a mat, role-play calling the emergency number and practise reach and throw rescues from dry land.

Learning outcomes

By the end of the session pupils can:

- identify hazards near open water;
- explain the float to live position;
- describe how to call for help;
- show a safe reach or throw rescue from land.

KEY WORDS

hazard · lifeguard · flags · float to live · cold water · emergency number · reach · throw

CURRICULUM LINKS

PE: swimming and water safety.
PSHE: keeping safe. Science: floating and sinking.

1**PREPARE**

Kit, rules and checks

2**LEARN**

Skill or idea

3**PRACTISE**

Try it safely

4**APPLY**

Game or challenge

5**REFLECT**

What did we learn?

6**STAY SAFE**

Rules to remember

Materials

- Photos of beaches, rivers, lakes and pools
- Pictures of beach flags and safety signs
- Gym mats
- A rope, a pole and a light ball or throw bag
- Worksheets 1, 2 and 3

Before the session

- Collect local water safety images and signs.
- Check your local emergency number.
- Set up mats and a rescue practice area.
- Look up local lifeguarded beaches.

SAFETY

This is a dry-land lesson. Throw only soft or light objects. Pupils never pull a partner off balance.

ACTIVITY 01 · SESSION PLAN

Step by step

The most important message: if you see someone in trouble, call for help and never go into the water yourself.

Time	What happens	Say or ask
0–10 min Hazard hunt	Spot hazards in water pictures.	<i>“What could be dangerous here?”</i>
10–18 min Flags and signs	Learn flags and safety signs.	<i>“Where is the safest place to swim?”</i>
18–26 min Float to live	Practise the star float on a mat; learn why to stay calm.	<i>“What should you do if you fall in?”</i>
26–38 min Get help	Role-play the emergency call; practise reach and throw rescues from land.	<i>“Why stay on the bank?”</i>
38–45 min Review	Make a water safety poster.	<i>“What will you tell your family?”</i>

CHALLENGE CARD (print or copy onto the board)

Show the float to live position, role-play an emergency call and perform a safe reach or throw rescue without leaving dry land.

ACTIVITY 01 · FACILITATOR NOTES

The water know-how in brief

Sudden cold water can cause cold water shock, which makes people gasp and breathe fast for about a minute. The float to live advice from the RNLI is to lean back, spread arms and legs and float until breathing calms, then call for help or swim to safety.

Many beaches in the UK and Australia use red and yellow flags to mark the area patrolled by lifeguards; a red flag means danger, do not swim. If you see someone in trouble, call the emergency number and reach or throw something that floats. Never go in yourself.

Common ideas to listen for

- “Good swimmers are always safe.” Cold water and currents can affect anyone.
- “Jump in to help a friend.” Call for help and reach or throw instead.
- “Calm water is safe.” Hidden currents and cold can still be dangerous.

Adapting the activity

Support

Use picture cards for each step: float, shout, call, reach, throw.

Stretch

Plan a water safety talk for younger pupils.

WORKSHEET 1

Hazard spotter

Name: _____

Class: _____ Date: _____

Find hazards in each picture.

Hazards

Place	Hazard	How to stay safe
Beach		
River		
Lake		
Pool		

WORKSHEET 2

What to do

Number the steps in order.

If you fall in

If you see someone in trouble

WORKSHEET 3

My safety poster

Plan your poster.

Poster

A large, empty rectangular area defined by a dashed line, intended for a student to draw and label their safety poster.

Draw and label three key safety messages.

FOR THE TEACHER

Assessment checklist

Use during the session. One sheet covers up to eight pupils; copy as needed.

Pupil	Identifies hazards	Explains float to live	Knows how to get help

Suggested codes: W = working towards · E = expected · G = greater depth

ABOUT THIS ACTIVITY

Water Safety Heroes is a sample activity from the EduTrend Contents W4C Water Sports programme (primary, level: foundation). Every activity in the programme follows the same format: a practical challenge, a clear session plan, facilitator notes and ready-to-print worksheets, so that teachers, club leaders and parents can run it without extra preparation.

Full 15-, 20- and 32-week programmes are available from EduStore at edutrend.org.

© 2026 EduTrend Contents. This activity may be printed and copied for use with pupils in your own school, club or home. It may not be resold or published elsewhere. Photos: Skytech Aviation / Unsplash.