

## How Does Drowning Affect You?

Sharing knowledge of safety practices through Critical Thinking

### LESSON OVERVIEW:

In this lesson, students will apply their understanding of safe behaviour in and around water to persuade others of safe practices.

#### Curriculum Connections

##### HEALTH AND PHYSICAL EDUCATION (2015)

##### *Healthy Active Living, Grade 11 (PPL 30) Living Skills*

PS 1.1 - use self-awareness and self-monitoring skills to help them understand their strengths and needs, recognize sources of stress, take responsibility for their actions, and monitor their own progress as they participate in physical activities, develop movement competence, and acquire knowledge and skills related to healthy living

PS 1.2 - use adaptive, management, and coping skills to help them respond to the various challenges they encounter as they participate in physical activities, develop movement competence, and acquire knowledge and skills related to healthy living

##### *Healthy Living, Personal Safety and Injury Prevention*

C 1.2 - identify behaviours and actions that can lead to adolescent injuries or death, and explain the factors that can influence adolescents to engage in or refrain from potentially harmful or dangerous behaviour

C 2.1 - describe behaviours and strategies that can be applied to make safer choices in a variety of situations and settings and reduce the risk of personal injury or death

#### Curriculum Connections and Learning Goals

C 3.2 - describe the social and financial impacts of behaviours and actions that can lead to injury or harm, and describe ways of promoting behaviours that reduce adolescent injuries or deaths

At the end of this lesson this lesson, students will be able to:

- Identify risk factors in and around water;
- Offer suggestions to decrease drowning;
- Make connections between this information and their own lives.



## Minds On

## Connections

Class discussion:

- Learning about taking risks is a natural part of youth development. One way to learn how to do so safely is to practice taking risks within a safe setting, where there are safety measures in place. It's important to learn how to think about risks and make safe decisions. What might influence someone to engage in behaviour that involves a risk of harm to themselves or others? What are some things that can help you make safer decisions?
- Give examples of how you could promote behaviours that could reduce the chances of injuries in and around water among people in your age group.

### Assessment:

Assessment **for** Learning:

Probing questions to deepen student thinking

Assessment **as** Learning:

Conferences with each group as they prepare their skits

Assessment **of** Learning:

Rubric to evaluate strategies in skits (See Appendix 4B)

### Differentiated Instruction:

Group formation

Teacher prompts during discussion

## Action!

1. Give each group of two or three students a scenario (See Appendix 4A).
2. Each group is to prepare a role-play "skit" showing their scenario and response.

After each group shows their scenario and response, discuss the strategies used.

## Consolidation

Class Discussion:

- *How can the risk of drowning be prevented? Support your suggestions.*

### How Does Drowning Affect You?

#### Skits

1. You are going to go canoeing on the nearby river for the day. What will you take with you?
2. You are at a friend's cottage for the weekend. After dinner, one of your friends decides to go swimming in the lake. What do you do?
3. You are at the beach. A few metres away is a mother and her two young children. The children are playing in the sand near the edge of the water; the mother is checking her phone. What should you do?
4. When walking along the water's edge, you notice that a young child has just fallen in. The child is panicking. What should you do?
5. While out on the lake enjoying your friend's boat, you notice one of your friends who has gone in for a swim grabbing his or her foot and struggling to swim back to the boat. What do you do?
6. Some friends are in your backyard pool. One of them suggests having a contest to see who can swim the farthest underwater. Do you allow it?
7. You are at a pool birthday party with your friends; there are over 50 people in the pool. You see a few other kids roughhousing close to the side when you notice one of them gets pushed in. What do you do?
8. You are sitting on the beach with a friend when you see someone jump in off a floating dock and start to struggle in the water. How do you respond?
9. You are reading on your patio when you hear a cry for help from your next door neighbour's pool. What should you do?
10. You and your family are out canoeing. You have just docked your canoe at the docks at a public dock. One of the other canoes that is docking tips over. One of the boaters in it was not wearing a lifejacket, and the other one hit their head. How do you respond?
11. You and your friends are hanging out at one of their backyard pools. One of them suggests a race from shallow to deep end with a diving start. Do you let the race proceed?
12. While babysitting, you are bathing a two-year old. The child's older sibling calls for you to come to them to help with a puzzle. Do you?
13. While at the family cottage, everyone else has gone into town. It's extremely hot. Should you go for a swim?



14. While camping with friends, everyone has a couple of drinks. One friend suggests getting out the boat and going for a ride? Should you do it?
15. While walking with friends along a river bank, it is decided to cut the walk short. To do so, you must cross the river on the ice. How do you proceed?



### How Does Drowning Affect You?

#### Skit Evaluation Rubric

Category	Level 1	Level 2	Level 3	Level 4
Knowledge and Understanding	Demonstrates limited knowledge and understanding of safe behaviours in and around water	Demonstrates some knowledge and understanding of safe behaviours in and around water	Demonstrates considerable knowledge and understanding of safe behaviours in and around water	Demonstrates thorough knowledge and understanding of safe behaviours in and around water
Thinking – Use of processing skills	Evaluates risk and determines appropriate safety measures with limited effectiveness	Evaluates risk and determines appropriate safety measures with some effectiveness	Evaluates risk and determines appropriate safety measures with considerable effectiveness	Evaluates risk and determines appropriate safety measures with a high degree of effectiveness
Thinking – Use of critical thinking processes	Solves problems and makes decisions with limited effectiveness	Solves problems and makes decisions with some effectiveness	Solves problems and makes decisions with considerable effectiveness	Solves problems and makes decisions with a high degree of effectiveness
Communication	Expresses ideas and information with limited effectiveness	Expresses ideas and information with some effectiveness	Expresses ideas and information with considerable effectiveness	Expresses ideas and information with a high degree of effectiveness
Application	Makes connections within and between various contexts with limited effectiveness	Makes connections within and between various contexts with some effectiveness	Makes connections within and between various contexts with considerable effectiveness	Makes connections within and between various contexts with a high degree of effectiveness