LSV SWIMOPOLY ACTIVITY SHEET

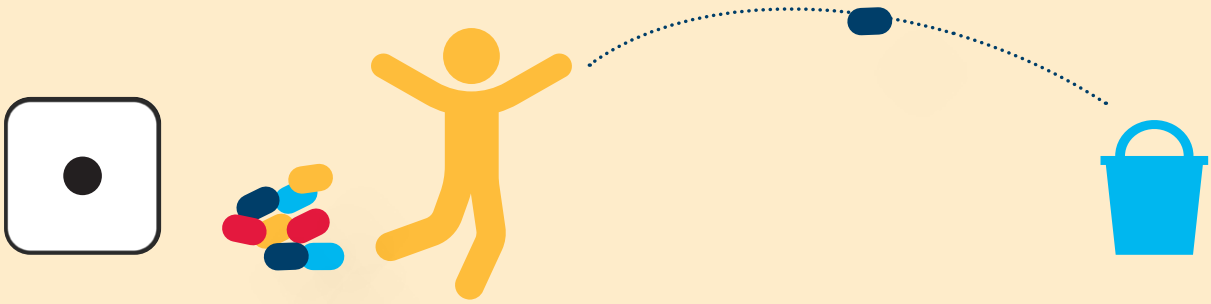
[TEACHER QUESTION AND ANSWER SHEET]

BEACH

Physical Challenge

1 **If you roll a 1 on your die your group must complete: Target Practice**

The goal is for each student to underarm throw the beanbags into the bucket, aiming for accuracy and control. Each student must complete this task. Record the total number of beanbags that made it into the buckets.



2 **If you roll a 2 on your die your group must complete: Wall Sit**

Complete a wall sit for as long as you can!





3 **If you roll a 3 on your die your group must complete: Beach Volleyball**

'Set' the ball to each other, recording the greatest number of sets you complete without the ball touching the ground or being caught.





BEACH

Questions

4 **If you roll a 4 on your die your group must answer this question:**



Q: If you are swimming at the beach and get caught in a rip current, what should you do?

Answer *Stay calm. Seek help. Raise your arm and call out.*

5 **If you roll a 5 on your die your group must answer this question:**



Q: List three ways you could keep yourself afloat in the water without an aid.

Answer *Sculling. Treading water. Floating*

BEACH

Rescue

6 **If you roll a 6 on your die your group must complete the following rescue:**

You and your friends are walking back from the beach when you notice someone lying on the ground and they are unresponsive to your questions checking that they are ok. As the first person on the scene, you must assess the situation, respond using the DRSAB, and communicate effectively with the person being rescued. Complete this in front of your teacher. In your group practice DRSAB ensuring you swap roles.



Dangers



- Ensure the area is safe
- PPE if available

Response



Send



- Place
- People
- Problem
- Progress

Airway



- Chin lift
- Head tilt
- Recovery position
- Clear with fingers



Breathing

- Look
- Listen
- Feel

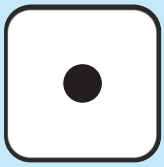


POOL

Physical Challenge

1 **If you roll a 1 on your die your group must complete: Jumping Jacks**

100 jumping jacks between you. All group members must make a contribution of at least 10 jumping jacks.

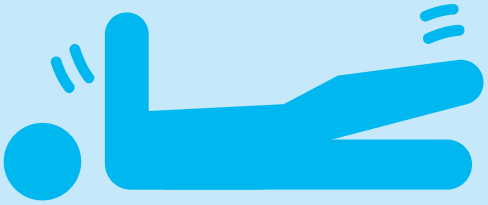




2 **If you roll a 2 on your die your group must complete: Dead Bugs**

Complete 100 ‘dead bugs’ between you. All group members must make a contribution of at least 10.





POOL

Questions

3 **If you roll a 3 on your die your group must answer this question:**



Q: Name three survival strokes.

Answer *Survival freestyle, survival backstroke, survival breastroke, sidestroke*

4 **If you roll a 4 on your die your group must answer this question:**



Q: List three safety rules you should follow when swimming at the pool.

Answer *No running on the pool deck; check the depth markings on the pool side to see where it is best to swim or dive; always swim with an adult actively supervising; read and obey notices / signs giving advice to swimmers; obey the lifeguards; assess your ability; stay clear of deep water unless you can swim.*

5 **If you roll a 5 on your die your group must answer this question:**



Q: What are three different ways you could rescue a person in trouble at a pool?

Answer *talk, reach, throw rescues.*

POOL

Rescue

6 **If you roll a 6 on your die your group must complete the following rescue:**

Imagine you're at the local pool with your friends, and the lifeguard is busy providing first aid to another swimmer. Suddenly, you notice a young person in the water signalling for help. You have a weighted rope/or flotation device nearby. Your task is to confidently demonstrate how to use the rope to perform an underarm throw rescue, ensuring the swimmer is safely brought to the edge of the pool.

Assign Roles: One person will act as the swimmer in distress, and another as the rescuer. If you're in a group of more than two, rotate roles so that everyone has the opportunity to practice both as the rescuer and the swimmer in distress.



Throw

Using items that float, **throw** to the person to aid their buoyancy, and encourage them to kick back to safety.





RIVER

Physical Challenge

1 **If you roll a 1 on your die your group must complete: Swim Strokes**

Level 1: Lay on the ground face down. Lift your head and feet off the ground looking ahead of you, while reaching out in front, point your toes, and hold for three seconds. Repeat this 10 times.
Level 2: Complete above and add a flutter kick, while reaching out in front and holding for 10 seconds. Repeat this 10 times.

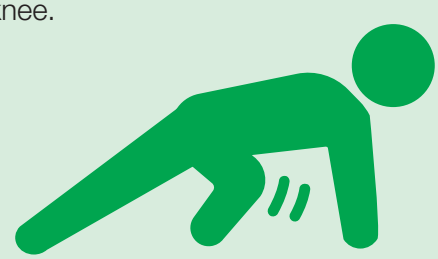




2 **If you roll a 2 on your die your group must complete: Mountain Climbers**

Complete 100 'mountain climbers' between you. All group members must make a contribution of at least 10 mountain climbers. 1 = left and right knee.





3 **If you roll a 3 on your die your group must complete: High Knees**

Complete 100 high knees while running (level 1) or tuck jumps (level 2) between you. All group members must make a contribution of at least 10 high knees/tuck jumps. 1 = left and right knee.





RIVER

Questions

4 **If you roll a 4 on your die your group must answer this question:**



Q: What dangers can be found when playing around river banks?

Answer *Slippery, muddy and crumbling river banks. These could be the cause of an accidental and unexpected entry into the river.*

5 **If you roll a 5 on your die your group must answer this question:**



Q: What should you do if you are caught in a river current?

Answer *Stay calm; conserve your energy and float or scull travelling feet first. Try to work your way to the edge and grab hold of something such as an overhanging branch or tree. Wave an arm and call for help.*

RIVER

Rescues

6 **If you roll a 6 on your die your group must complete the following rescue:**

You and your classmates are at a school camp near a river when you notice someone struggling in the water. Your task is to respond to the emergency by safely rescuing the person using a reach rescue technique. Use available equipment, demonstrate and explain to your teacher what you would do and say during the rescue.



Talk

Using a loud, clear voice **talk**, calming them down and directing them to safety.



Reach

Using a long object **reach** out to them. Get low to the ground when pulling them in, so you don't fall in.

