

Activity Workbook

Surf Play Two



Name: _____



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Acknowledgements:

Surf Life Saving Australia
Surf Life Saving Western Australia

Surf Play Two

Dear parents/guardians,

Thank you for choosing to participate in Surf Life Saving's Junior Activities program. This resource has been designed to deliver a positive learning experience for all involved. We hope you enjoy using this resource and the skills and knowledge that are part of the education program for children registered in the Under 7 age group.

Age Group Requirements

The Under 7 age group (Surf Play One) program is about fun, participation and play. All water activities are conducted in shallow water and on the waters edge. All children registered in the Under 7 age group are required to partake in a Pool Evaluation so that the Age Manager can record the swimming ability of each child. Each child is encouraged to complete a torpedo push of the wall with their face in the water and a 30 second survival float in a pool.

Each child who participates in the activities associated with the Surf Play Two program will receive a special certificate at the end of the season.





My Beach Playground

Surf Life Saving has been providing a service to the community for over 100 years. During this time thousands of people have been rescued from the ocean or needed some form of first aid assistance.

Surf Life Saving Clubs are a place for members to learn the skills required to be a surf lifesaver and to socialise. The Junior Activities program encourages our junior members to learn new skills as they develop into young surf lifesavers.

A tour of the Surf Club and beach environment will give you an idea of what equipment the Club has and what it is used for, where the bathroom and change room facilities are and the safest part of the beach to swim. The tour may also include the introduction of committee members of your Club.

Name of Age Manager

Name of Club Captain

Name of Club President

Name of Surf Life Saving Club



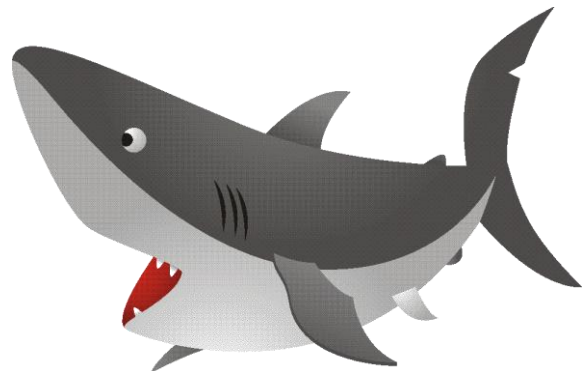
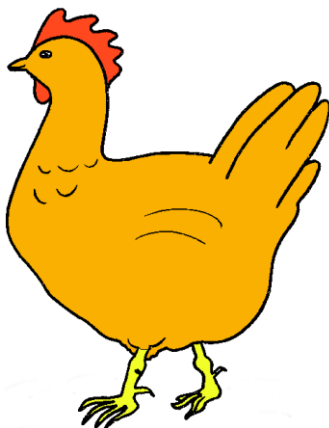
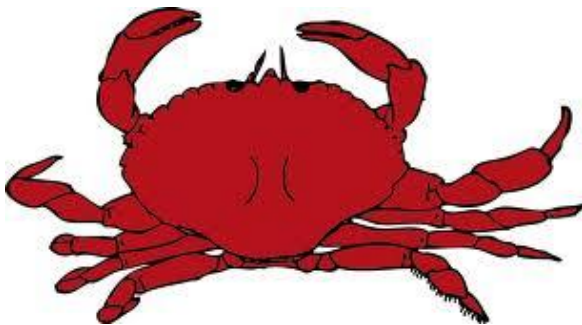
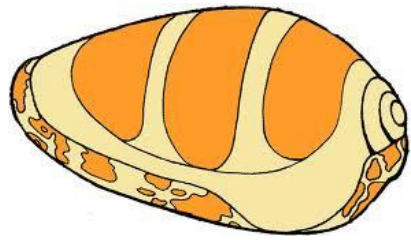
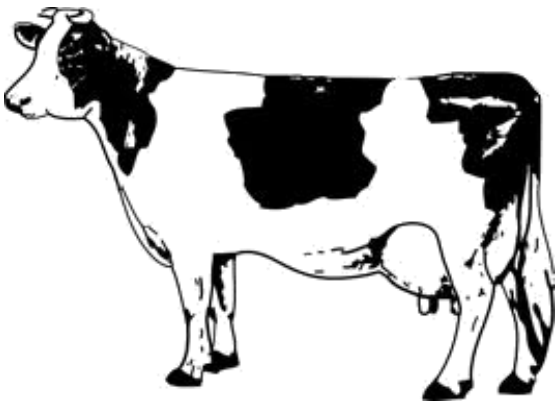
If I Need Help

Sometimes we need help when we are in the water. If you feel you need someone to help you get out of the water, you will need to get the surf lifesavers attention. The best way to get the surf lifesaver to help is to raise your arm above your head with your hand closed. You need to stay calm and lay on your back until help arrives.



An Interesting Mix

Circle the items that you might find at the beach.



Sun Smart

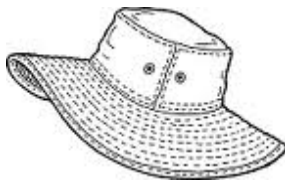
Match the Sun Smart words to the picture by drawing a line from one to the other.



SLIP



SLOP



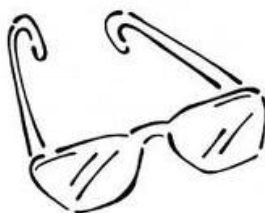
SLAP



SLIDE



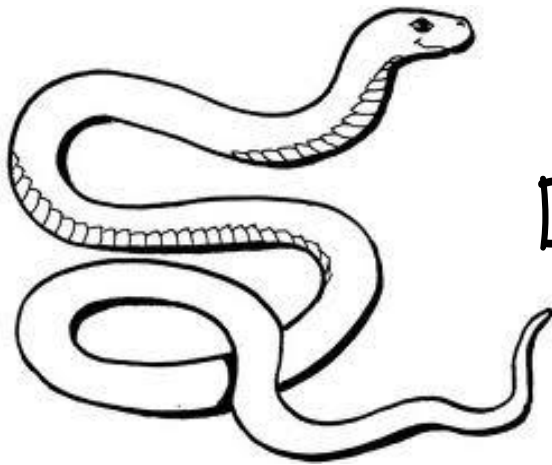
SEEK



SLURP

Danger, Danger!

Sometimes we might find things on the beach that are dangerous. It is important that you tell an adult if you find anything that could be unsafe. Colour in the things that could be dangerous.



Dangerous animals

Sharp objects



Large waves

At Arm's Length

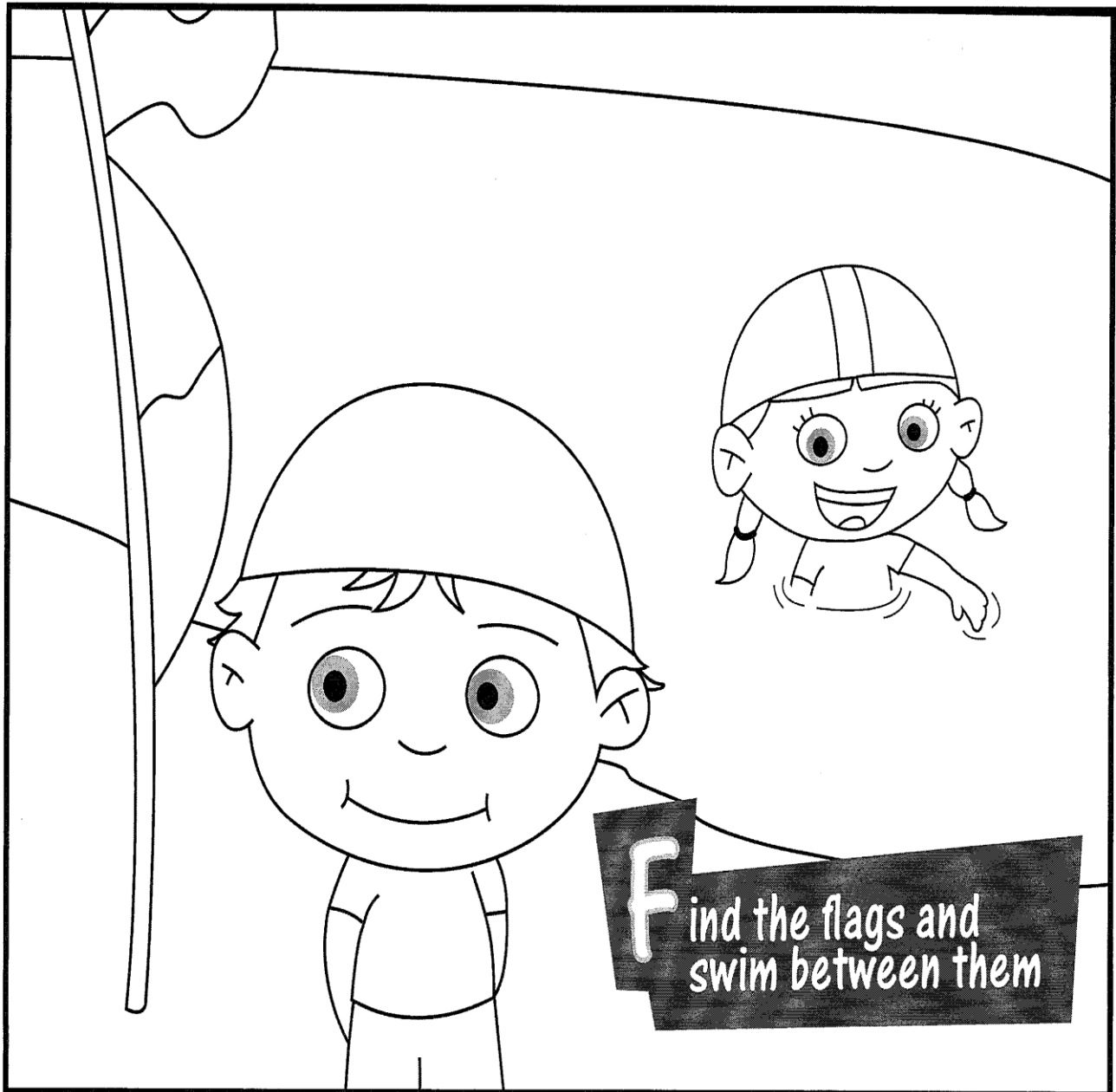
Make sure that you stay close to an adult when you are at the beach.





Beach Patrol

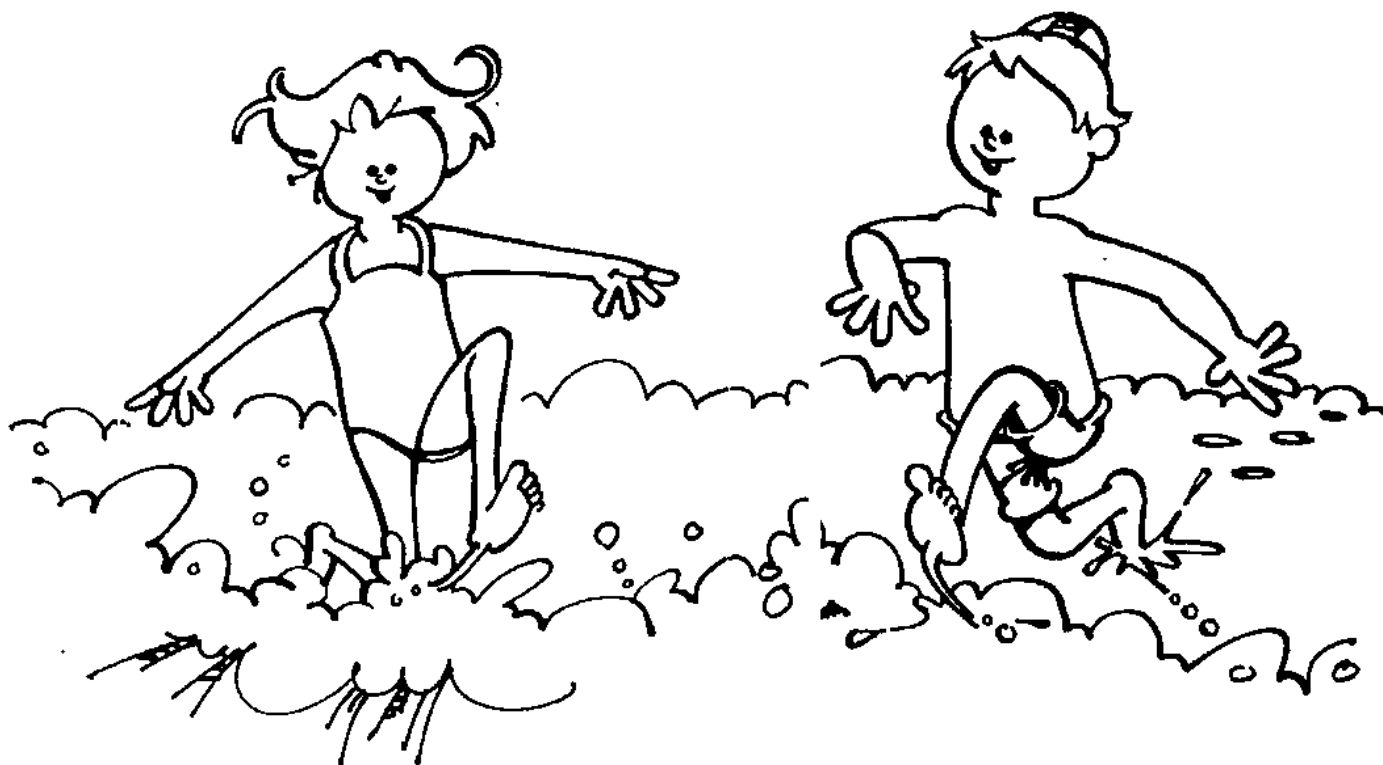
Make sure that you always swim or play at places patrolled by surf lifesavers or lifeguards.



Walking Over Water

Basic Wading and run-wade-run

When you swing your legs out whilst running through the water you are **WADING!** This is the fastest way to get out of the surf. To wade keep your knees high, swing your legs and feet out to the side, make your feet come out of the water, and swing your arms out to the side so you don't fall over. Now you are **WADING!**



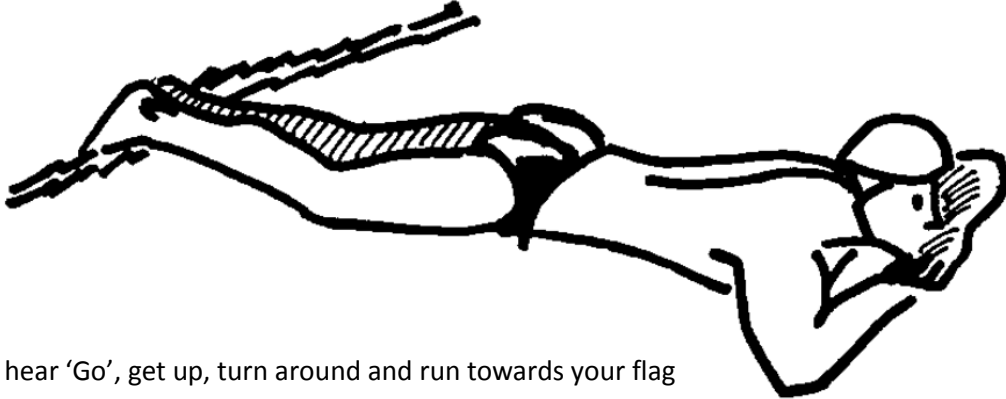
Lift legs high and wide
Keep your arms wide
for balance

Clear the surface of the
water with your feet

It's Mine! – Basic Beach Flags

Flag Start

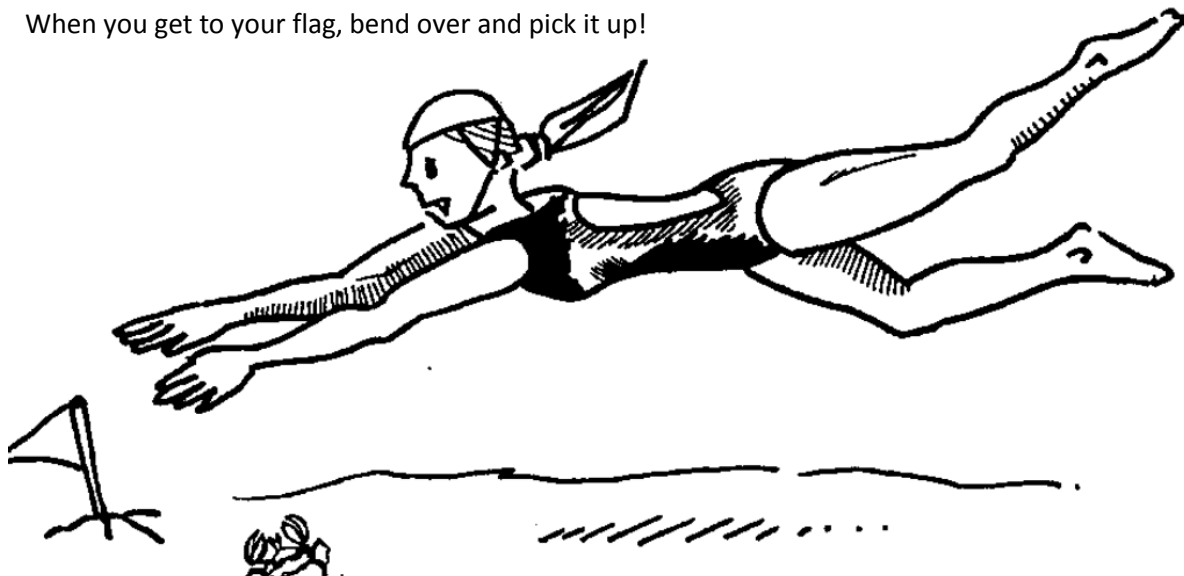
Lie on your stomach with your toes on the start line



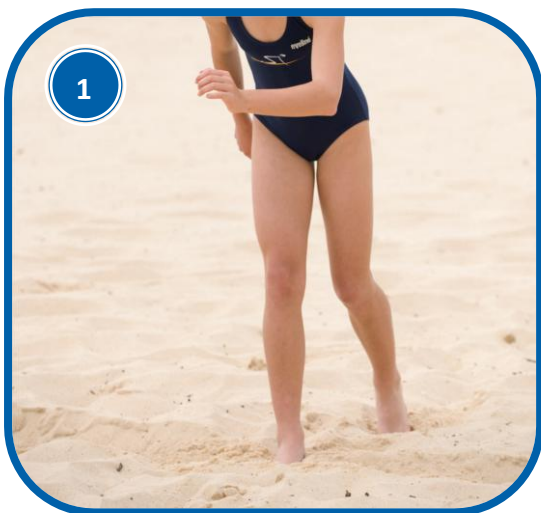
When you hear 'Go', get up, turn around and run towards your flag

Flag Finish

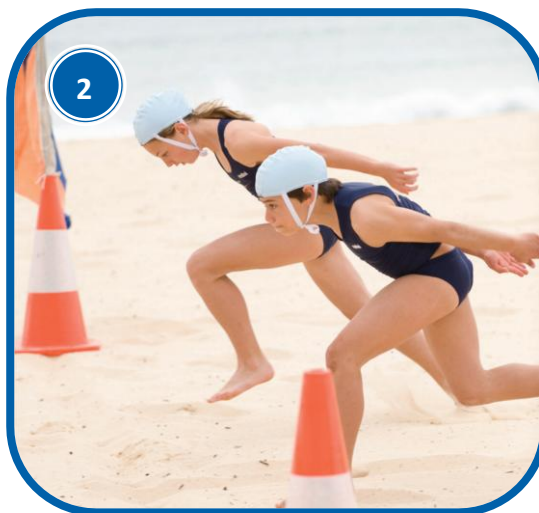
When you get to your flag, bend over and pick it up!



In It Together – Basic Beach Sprint



- Start with your toes on the line
- Run when you hear the word 'Go'



- Run to the finish line at the other end

Basic Beach Relay



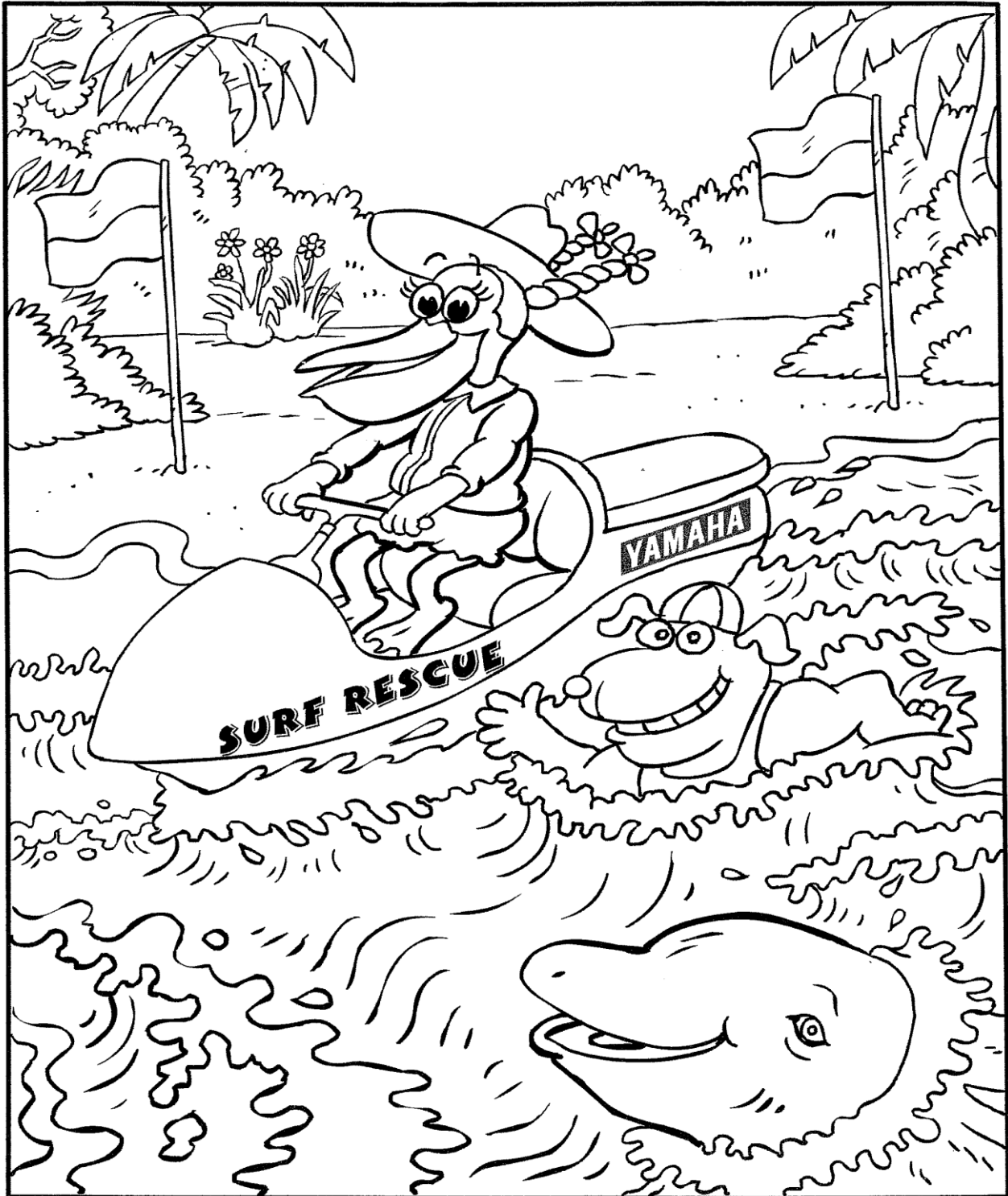
- Start with your toes on the line
- On 'Go', run towards your teammate at the other end



- Hold the baton at shoulder height and place in teammate's hand

Colour Me In

Colour in 'Sandy the Surf Dog' and 'Penny the Pelican' having fun at the beach.





Notes...

