



Health and Physical Education

Act out a rescue mission

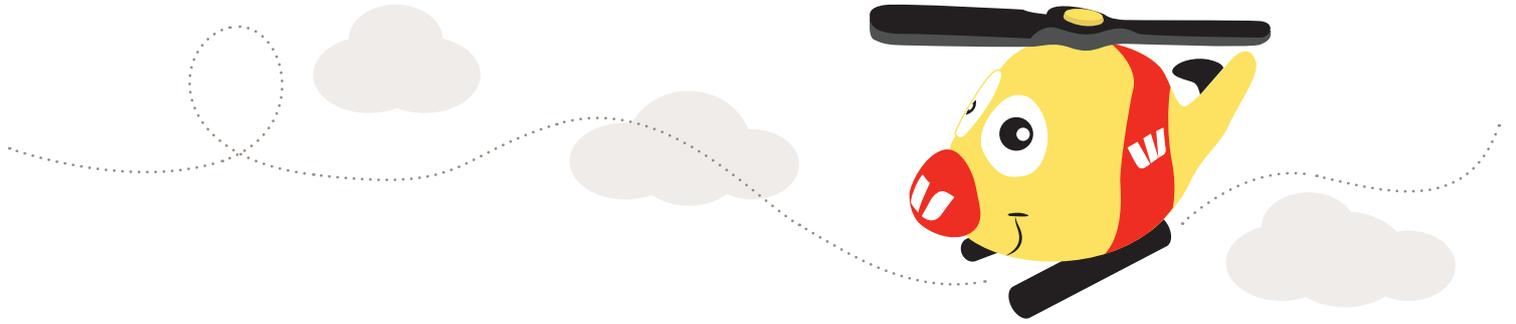
Time recommended: 1 hour

Year 1 and 2

Strand:	Personal, Social and Community Health
Descriptor:	Communicating and interacting for health and wellbeing
Identify and practise emotional responses that account for own and others' feelings (ACCPS020)	
Also aligns to the Drama curriculum	
Descriptor:	Present drama that communicates ideas, including stories from their community, to an audience



Name: _____



Act out a rescue mission

TASK ONE:

Just like you and I, the Rescue Crew feels a range of emotions in their day-to-day lives. Looking at these diagrams, let's practice showing emotion on our face and discuss the feeling or action to which each emotion is linked.



Scared



Nervous



Happy



Sad



Tired

TASK TWO:

Together we will act out a helicopter rescue story. When you see the stop sign, think about the emotion required for the situation, as well as the physical action required.

RESCUE STORY

The Rescue Crew has had a relaxing morning at the base after carrying out their daily tasks and cleaning the helicopter.



- Physical - How do you show someone relaxing?
- Emotional - What emotion would they be feeling?

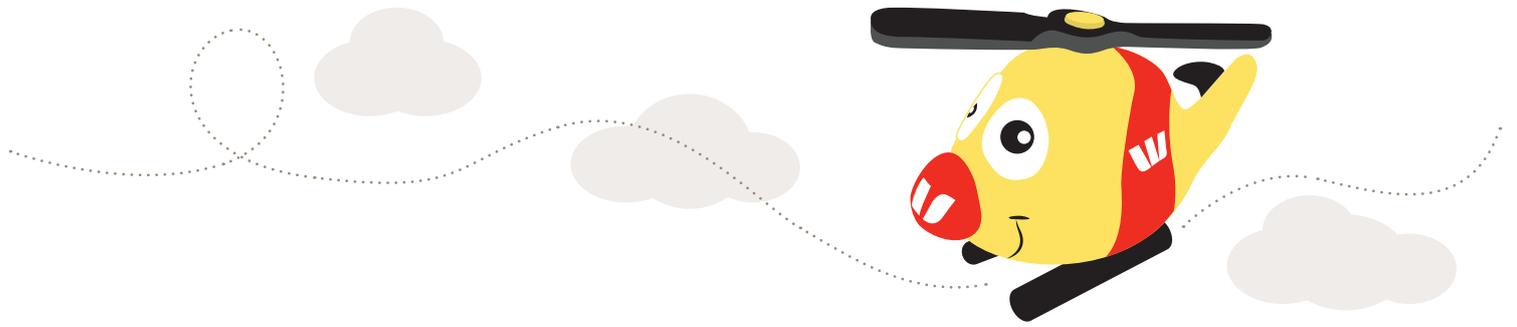
Then, all of a sudden, an alarm starts. Each of the Crew jumps up from their seats and looks around.



- Physical – How do you act out a 'sudden' action?
- Emotion – How do you think the crew is feeling at this point?

Everyone springs into action, completing their personal tasks with accuracy and skill. The Pilot starts to prepare the helicopter, while the Air Crew Officer reviews the maps and the Rescue Crew Officer prepares the special equipment suitable for the type of mission.





TASK TWO CONTINUED:



- Physical – Choose a role and act out your personal tasks in preparation.
- Emotion – Remember to portray your emotions on your face and have them come through in your physical actions.

As the last of the tasks is completed, everyone moves quickly, without running, out to the helicopter. The Crew jumps in and takes off. Immediately the Air Crew Officer starts to discuss the mission location and landing zone with the emergency services on the ground.



- Physical and emotional – how do you act this out?

Every second counts and after what seems like forever the crew arrives at the site. What they find is a fisherman caught on the rocks. Unfortunately he didn't keep an eye on the tides and he is now trapped due to the rising waters.

The Crew moves quickly – they'll have to use the winch to lift the fisherman out of danger.



The Rescue Crew Officer is attached to the winch and prepares to be lowered down over the rocks and waves. It's a dangerous situation, but this is what they train for.



The Pilot keeps the helicopter as still as possible, while the Air Crew Officer lowers the Rescue Crew Officer down towards the water. They move slowly to ensure that everyone is kept safe and so that no mistakes are made.



The Rescue Crew Officer reaches the fisherman and explains the plan to him as quickly and clearly as possible. The fisherman is then attached to the winch, along with the Rescue Crew Officer, and lifted back to the safety of the helicopter.

THE END

