

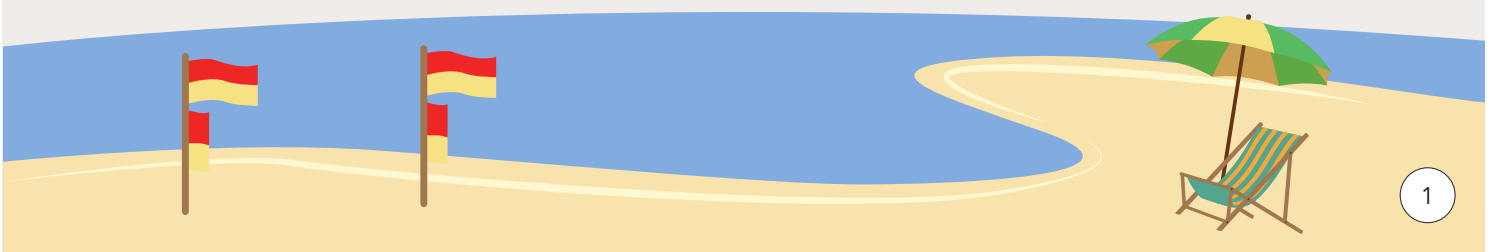
Health and Physical Education

On a rescue mission

Time recommended: 1 hour

Year 3 and 4

Strand:	Personal, Social and Community Health
Descriptor:	Being healthy, safe and active
	<ul style="list-style-type: none">• Explore strategies to manage physical, social and emotional change (ACPPS034)• Identify and practise strategies to promote health, safety and wellbeing (ACPPS036)
Descriptor:	Communicating and interacting for health and wellbeing
	<ul style="list-style-type: none">• Investigate how emotional responses vary in depth and strength (ACPPS038)
Also aligns to the Drama Curriculum	
Descriptor:	Present drama that communicates ideas, including stories from their community, to an audience



Name: _____



On a rescue mission

Read through the following scenarios and discuss what you can do to keep safe.

TASK ONE:

You will be assigned one of the following characters to act out the rescue mission.

Pilot, Air Crew Officer, Rescue Crew Officer, Surf Life Saver, Patient, Witness, Family Friend.

The next step is to choose one of the three rescue scenarios below and act out the rescue mission.

Mission One:

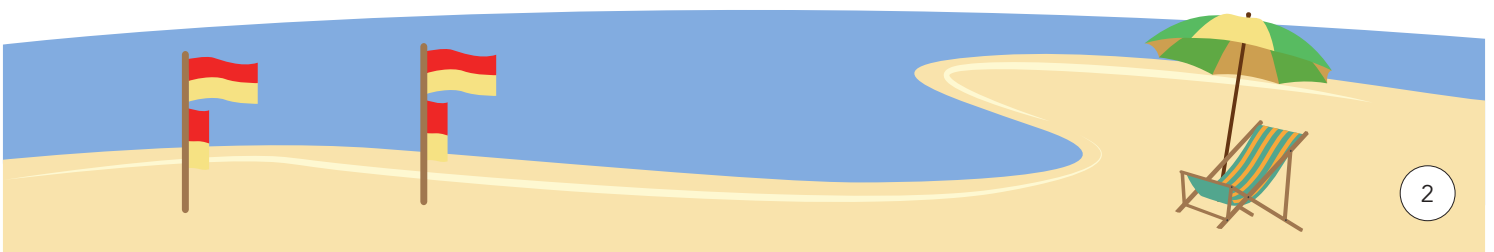
Carrie was out surfing with friends in a remote surf spot, when she was dumped by a wave. She struggled to the surface for air and just as she was trying to recover, she started to feel the pull of a rip current dragging her.

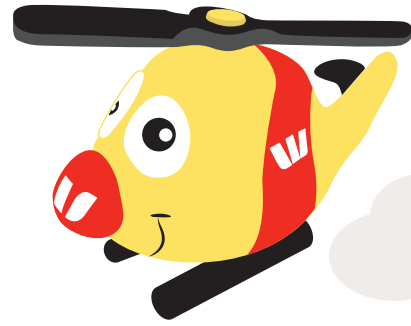
Her friends noticed her signal for help, but there was no one else around. They decide to call emergency services, as they knew there are beaches around the coast that are patrolled by lifeguards.

Carrie has lost her surf board and ends up a few kilometres from the beach. She is tired and can't muster the energy to swim into the shore. She hears the rescue helicopter in the distance and feels a huge wave of relief.

Additional Tasks:

- Discuss the options that Carrie's friends had in the above scenario. Do you think they did the right thing?





Mission One Continued:

- What kind of mission will the rescue helicopter need to perform to rescue Carrie from the sea?

- Describe the emotional responses of all involved.

Mission Two:

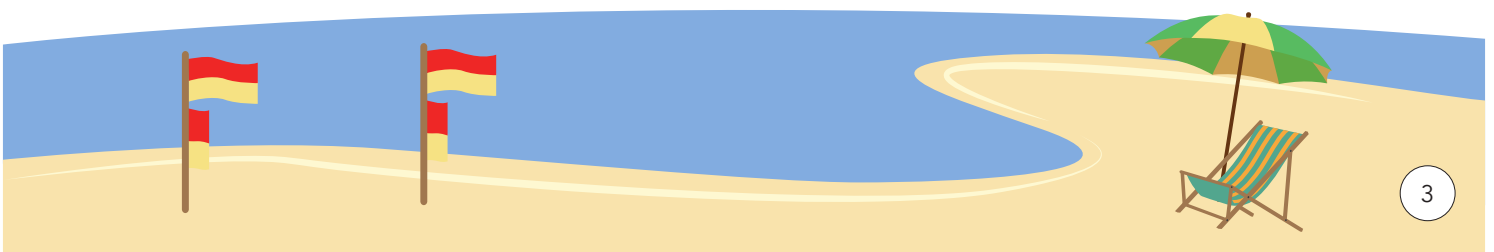
A young lady named Nadia has been bush walking around the coast, where there are high, steep cliffs out over the water.

Unfortunately she lost her footing while exploring the area and has fallen a few metres down the cliff face, near to the water.

There is no place for the helicopter to land and the tide is quickly coming in. How will the Rescue Crew reach her?

Additional Task:

If you choose this story to act out, ensure you also discuss the following with your group and are prepared for questions.





Mission Two Continued:

- Discuss the emotional response levels of your character. How would they be feeling? Discuss the differences between the characters.

- Discuss how the characters can identify and manage their emotions throughout the rescue scenario.

Mission Three:

After waking early, Jonathon drove for over 8 hours without stopping and started to struggle to stay awake. He knew he should pull over and rest, but he was just two minutes from home.

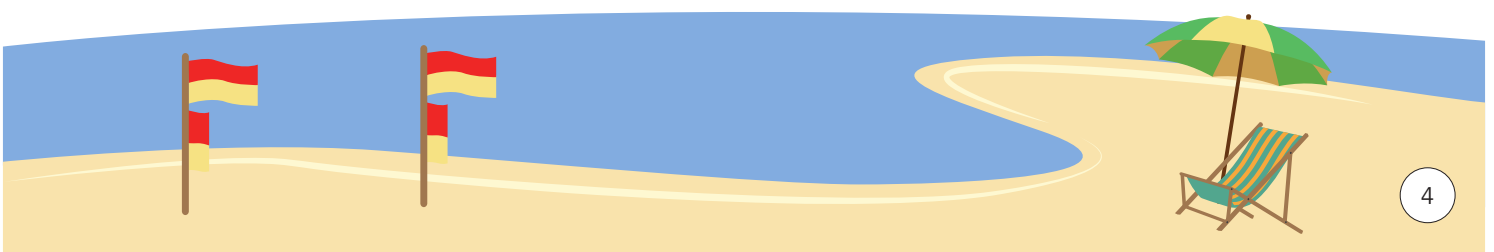
Unfortunately Jonathon fell asleep whilst driving and his car went off the road and into a ditch. He was trapped and unable to reach his mobile phone.

After a few hours, his wife started the search and was driving down the road when she spotted his car in the ditch. She called emergency services and they sent out the rescue helicopter.

The helicopter has first to find Jonathon, who is a few miles from the closest town. How will the Rescue Crew find him?

Additional Task:

- What should the Crew pack to ensure they are ready for what they find?





Mission Three Continued:

- Discuss the possible triggers and warning signs to which Jonathon should have paid attention.

- What should Jonathon have done in this situation?

- Discuss how the characters can identify and manage their emotions throughout the rescue scenario.

