

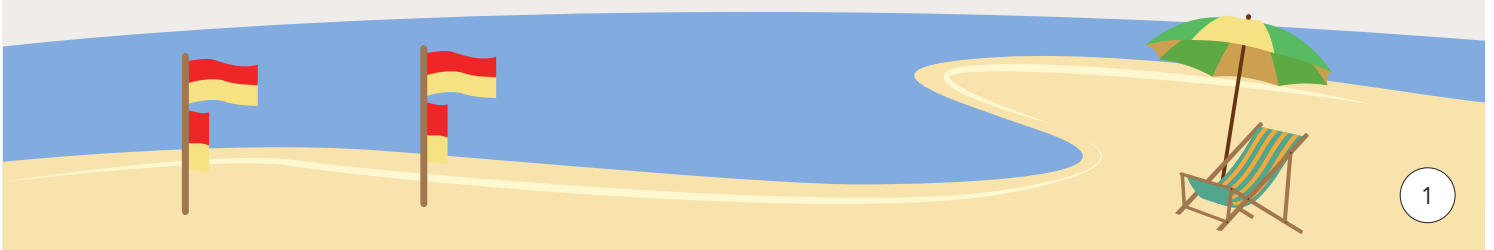


Health and Physical Education

Safety first

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">• Describe and apply strategies that can be used in situations that make them feel uncomfortable or unsafe (ACPPS035)• Identify and practise strategies to promote health, safety and wellbeing (ACPPS036)	



Name: _____



Safety first

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

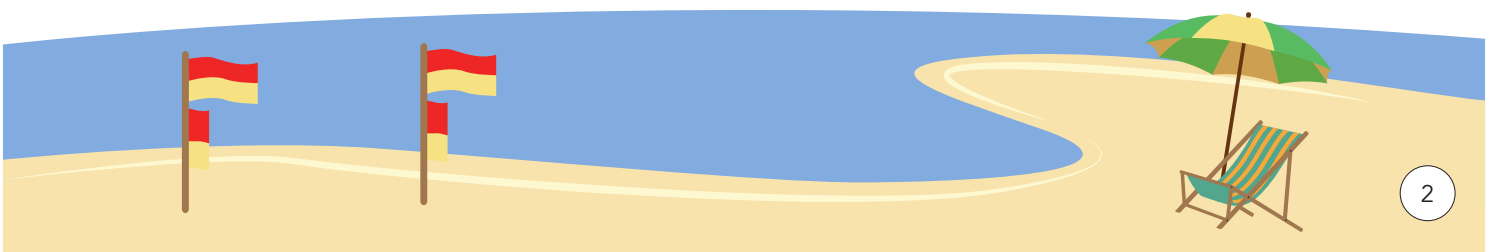
TASK ONE:

You are at the beach with your younger brother or sister who is only just learning to swim with floaties. Your mum and dad are lying on the sand enjoying some food and sunshine.

You notice that your younger sibling is dangerously close to the waves. What are some safe responses in this scenario?

How can you alert your parents using verbal and non-verbal communication?

If you ever find yourself uncomfortable in the water, what should you do to ask for help and draw attention to yourself?





TASK TWO:

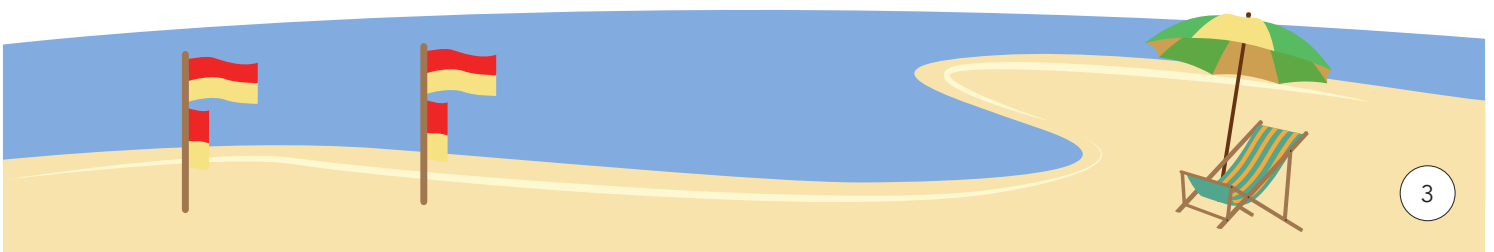
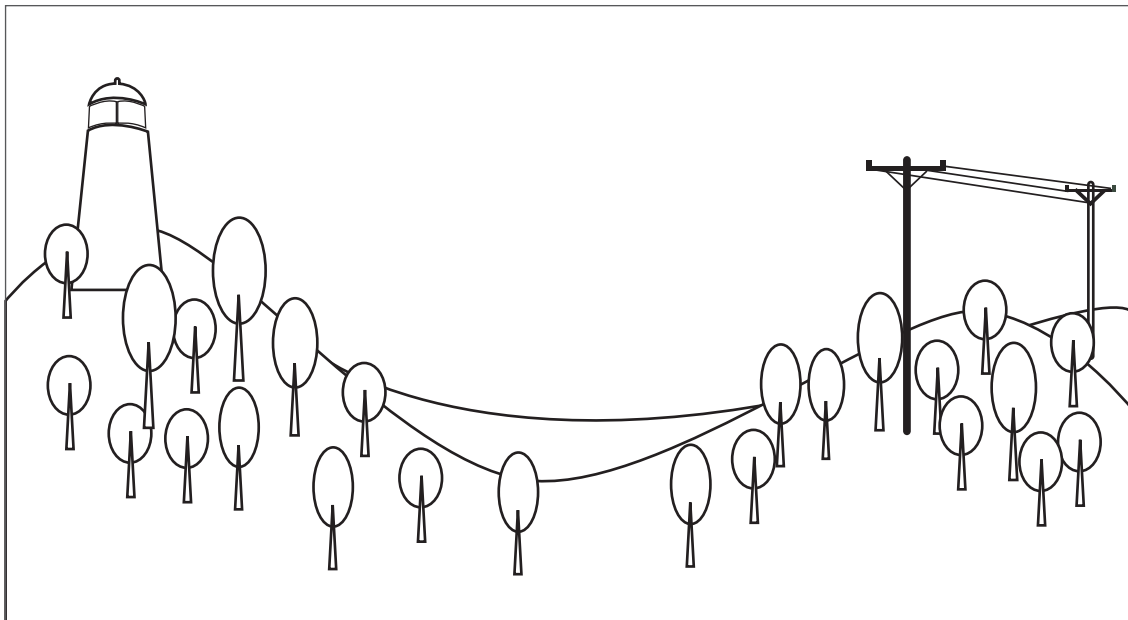
You have been on a bush walk with your older cousin up into the mountains. After walking for three hours, you have not seen anyone else on the track. Your cousin then falls and injures their leg.

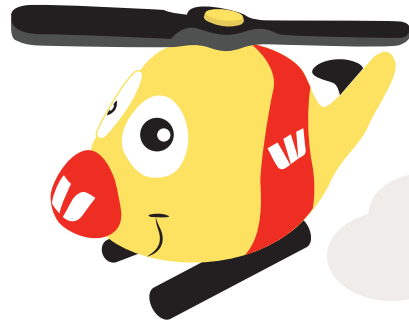
Your cousin is in so much pain that you cannot continue, so you call 000 for help.

Triple zero sends the rescue helicopter to your aid. After waiting for a while you hear the noise of the helicopter in the distance. The Air Crew Officer on board calls the mobile phone to ask you for details on your location.

In the diagram below, circle the obstacles and items which you think will be of help to the rescue crew.





What can you do to make yourself as visible as possible in the forest?





TASK THREE:

This table describes a list of safe places in our community. Describe the following information next to each symbol.

	The service it provides	Whom can you speak to for help?	Why is it a safe location?
 Police			
 Ambulance			
 Library			
 Community hall			
 Fire station			
 Surf Life Saving			
 Helicopter base			
 Doctor's office			

