



Safe and Splashy! — Lesson Plan

Grade: Pre-K–2 | Duration: 40–50 minutes | CASEL Domain: Responsible Decision-Making

Objective: Students will learn and practice the buddy system, supervision checks, and "Reach, Throw, Don't Go" rescue protocol.

Essential Question: *"What rules keep water fun instead of dangerous?"*

Materials: The personalized story, Blue fabric or paper for "water", Pool noodle or rope (for throw practice), Life jacket (for show)

Vocabulary: Buddy system, Lifeguard, Depth, Float, Safe, Rules, Swimming, Shallow, Deep, Rescue

ANTICIPATORY SET (5 MIN)

Ask: "Who loves water?" (Hands up!) "Who knows the rules for staying safe in water?" Start charting what they know.

DIRECT INSTRUCTION (15 MIN)

Read aloud. Pause at each safety rule. Physically practice each one. Emphasize: rules don't kill fun, they PROTECT it.

GUIDED PRACTICE (10 MIN)

Reach, Throw, Don't Go drill. Buddy system check-in practice.

INDEPENDENT PRACTICE (10 MIN)

Create a Water Safety poster. Write the 3 most important rules.

CLOSURE (5 MIN)

Recite together: "Buddy check! Grown-up watching! Reach, Throw, Don't Go!"

ASSESSMENT

Can children demonstrate Reach, Throw, Don't Go? Can they explain the buddy system? Exit ticket: "Name the 3 water safety rules."

DIFFERENTIATION

Support: Use visual step cards. Practice with physical objects.

Extend: Research drowning prevention statistics. Create a water safety presentation.

HOME CONNECTION

CRITICAL: Send home water safety checklist card. Practice before the next pool/beach visit.
