

# Buckets Lesson Plans

	<b>Arrival and roll call</b>
	<b>Partner up and head to the beach</b>
	<b>Sit and confirm the golden rules</b> <ul style="list-style-type: none"> <li>• Stay with the group</li> <li>• Sand awareness</li> </ul>
	<b>Warm up</b> Have an assistant/helper take the participants on a short warm up run, include some stretches. While the participants are warming up meet with the parents and discuss the program for the day and how they can help.
<b>Activities Choose 2-3</b> <b>1 wet activity if ratios permit</b>	
DRY	<b>Beach sprints for buckets</b> Set up a start and finish line using marker cones and lines in the sand (no more than 20m apart) Explain the beach sprint instructions Take the participants to the start line Line the participants up along the start line in groups of about 8 Explain to the participants that on 'Go' they need to run to the finish line Run through 4 or 5 beach sprints and then start to mix up the way they run: Hopping race Crawling like a crab Running backwards Skipping etc Participants might also like to come up with their own ideas
DRY	<b>Basic Beach Flags</b> There is a start and finish line You will line up on the start line facing away from the finish line You lie down on your stomach with your chin on your hands On the finish line there are flags placed in the sand When you hear 'Go' you can get up and turn around and run for a flag When you get to the flag bend over and pick it up Repeat 3-4 times
DRY	<b>Watching Over You</b>  <i>Discuss</i> Sit the participants in a group Ask the participants the following questions to generate a discussion: Who goes to the beach with you? (Mum, dad, friends, brothers, sisters etc) Why is it important to always be at the beach with an adult? (So they can look after you) What should the adult do when they are at the beach with you? (They should always stay within arms reach of you in the water, keep you safe)  <i>Activity 1</i> Split participants into small groups Ask the participants to create a picture on the sand that shows an adult looking after them at the beach Participants can use sand and any items they find around the beach (seaweed, sticks, shells etc) Give the participants 15min to complete their beach scene After 15min get all the participants together and walk around each of the groups pictures discussing with them who the adult is and what they are doing.

# Buckets Lesson Plans

<p>DRY</p>	<p><b>My Beach Playground</b>  <i>Activity 1</i>            Take the participants on a tour of the surf club – explain each area you visit.            Make sure the tour visits the following places:            Bathroom/Changing Rooms (remind participants that they should always ask their Age Manager to go the bathroom and then go with a friend)            First Aid Room (this is where people are looked after when they are injured)            Gear Shed (Where all the rescue equipment is stored, show the participants a few items) IRB Shed (An IRB is usually set up ready for rescues)  <i>Activity 2</i>            Take the participants for a walk along the beach            As you walk along the beach point out important features on your beach (i.e. rock features, patrol towers, pools etc)            If a patrol is operating then discuss the patrol flags and what the lifesavers are doing.            Finish the beach tour by setting the boundaries for junior activities around the surf club and on the beach.</p>
<p>WET 1:1 in water</p>	<p><b>Cup and Bucket Relay Instructions</b>            The first runner will start with a plastic cup            You run down to the waters edge and fill the cup up with water            You then run back to your team trying not to spill any water            When you get back you tip your water into the ice-cream container on the ground in front of your team            When the water is all tipped out you pass the cup to the next person in your team            They will then go and collect some water and so on            The relay finishes when the ice-cream container has been filled</p>
<p>WET 1:1 in water</p>	<p><b>Wading</b>  <b>Activity 1</b>            Line up the participants on the beach            Ask the participants to show you how they run on the beach by running on the spot            Ask the participants the following questions:            Can you run in the water like this? (not very well)            Why can't you run in the water like this? (because your legs will push against the water and make it hard)            Ask the participants to show you how they could run in the water by doing it on the spot    <b>Activity 2</b>            Have water safety personnel ready at the waters edge            Get the participants to practice their wading technique on the spot on the sand            When they have the basic technique right ask them to follow you along the beach like 'follow the leader'            Start on the sand            Snake down to the waters edge near the water safety personnel            Wade along in ankle deep water            Move back to the sand            Then move back to knee deep water and wade along            Continue snaking until you think participants have had enough</p>
<p><b>Return to the club house and sign out children</b></p>	