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International
**Learn
to Swim
Week**



ALL PAWS IN FOR INTERNATIONAL LEARN TO SWIM WEEK 2024

LET'S LEARN THE WATER SAFETY CODE WITH PAW PATROL

1. Spot the Dangers

Water may look safe but it can be dangerous; learn to spot and keep away from dangers. You may swim well in a warm indoors pool, but that does not mean that you'd be able to swim in open water, which may be cold and have hidden dangers. Always look out for special flags and notices that may warn you of the dangers.

2. Don't Go Alone

Children should always be with an adult, not by themselves. An adult maybe able to point out dangers and know how to help if someone gets into trouble.

3. Learn How to Help

In an emergency if you spot someone in trouble call 999 immediately and ask for the Fire and Rescue Service and the Coastguard if at the Coast. Never enter the water to attempt a rescue, instead find something that floats and throw it to the person that has fallen in - always wait for the emergency services to arrive.

4. Learn How to Survive - Float to Live

If you fall in the water or become tired, always stay calm, float on your back and shout for help.

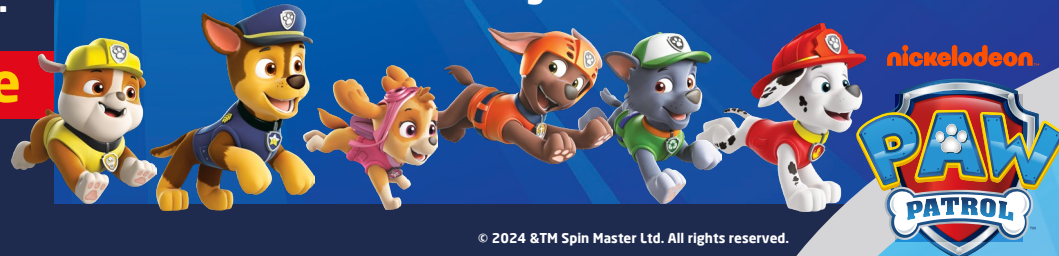
Following the Water Safety Code, STA has developed a PAW Patrol water safety-based lesson plan for International Learn to Swim Week.

Using these fun games and activities, we can help children understand the principles of water safety and how to #LoveWaterSafely; the lesson follows a trip to Adventure Bay where the pups go for a swim and learn the water safety code when Marshall gets himself into trouble in the water.

These activities can be adapted to use within adult and child lessons.

Each of the activities are based around the pups and their personality traits; they also correspond with the PAW Patrol Swim Awards series.

On completion of the activities, children can be presented with the official PAW Patrol Water Safety Code certificate.



PAW-SIBLE LESSON IDEAS FOR INTERNATIONAL LEARN TO SWIM WEEK (AND BEYOND)

The swimming lesson begins with Zuma deciding that he wants to go for a swim in Adventure Bay.

1. Firstly, Skye helps to spot the dangers by looking out from her helicopter flying above (lets Be Determined like Skye to find the dangers!).

This will rely on questions from the swimming teacher to help children identify potential dangers at Adventure Bay (beach).

2. The swimming teacher then asks if Zuma should swim alone (lets Be Playful like Zuma and involve friends).

Make it clear that Zuma shouldn't swim alone with the swimming teacher asking which pups are the children's favourite and that they should all go for a swim together (with adult supervision - the swimming teacher and /or lifeguard for this scenario).

3. All the pups come along for a swim, but poor Marshall is having a ruff day and gets himself into trouble in the water! (How can Marshall be Brave and help himself?).

Activity used to encourage children to float and shout for help.

4. While Marshall is floating, Let's Be Helpful like Rubble and call for help!

Who can we call for help? Swimming teachers ask questions about who we can call (999) and ask children to look for people in the area that can help (lifeguards, parents etc).

5. Let's be PAW-sitive like Rocky and find something that can help Marshall.

Activity to help show children what items can be thrown to help keep them floating. Having the children find items like Rocky would and see what they can use - and reiterating never to go into the water to try and rescue someone. Perform rescue-skills from pool side.

6. Now let's see if you're Smart Like Chase

Swimming teachers ask the children what they have learnt throughout the lesson. What would Marshall say now he's safe out the water? "I'm okay!"

On completion, present swimmers with the ulti-mutt reward - a special International Learn to Swim Week PAW Patrol certificate.



SPOT THE DANGERS WITH SKYE LESSON PLAN

#LOVEWATERSAFELY
WITH PAW PATROL

Activity

Zuma wants to go for a swim. Before he does though, what does playful Zuma need to do?

Highlight the **dangers** that children need to look out for.

Skye has offered to help us **spot the dangers**. She's up in her helicopter from above keeping an eye out.

Teaching Practices

Before children get in the pool ask them what type of things they could find in the water.

- Who can they find in the water in Adventure Bay?
- What else do we need to look out for?

Activity ideas

Place obstacles in the water for children to point out. The toys could represent rocks, pollution and litter in the water, animals etc.

After pointing out the types of dangers children need to look out for then as an activity children could help to 'clean up the water' and pack the obstacles / toys away.

Teachers Tips

- Zuma is the playful pup and is all about the water.
- Children can answer about the creatures that swim in adventure bay then move onto dangerous such as rocks, deep water, items in the water etc.
PAW Patrol answers: Wally the Walrus, Giant Octopus, Giant Sea Slug, The Flounder etc.
- **Let's be Determined Like Skye** to find the dangers we need to be aware of!



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DON'T GO ALONE, SWIM WITH ZUMA LESSON PLAN

#LOVEWATERSAFELY
WITH PAW PATROL



Activity

Zuma **shouldn't swim alone**, who should we get to join him?

Let's get all the pups to come and play - **Be Playful Like Zuma**

Use questions to ask if children should swim alone?

Explain why we don't swim alone.

Who should we wait for?

Activity ideas

To encourage children not to swim alone, ask them all who their favourite pup is. The children can then pretend to swim with this pup, or a friend in the class, or their parent / guardian. All games should involve an element of team work throughout the class.

- Games could include relay races where they can high five their friend / parent / guardian at the end
- Work in groups to encourage swimming with friends
- Games could include throwing toys in the pool and asking groups to find toys of certain colours / types depending on equipment teachers have

Teaching Practices

Teachers Tips

Ask children which PAW Patrol pup is their favourite to join us:

- Skye
- Zuma
- Chase
- Marshall
- Rubble
- Rocky

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LEARN HOW TO SURVIVE AND FLOAT TO LIVE LIKE MARSHALL - LESSON PLAN

#LOVEWATERSAFELY
WITH PAW PATROL



Activity

All the pups have come out to play. But clumsy Marshall has fell in the water before he was ready!

Let's Be Brave Like Marshall and **learn how to survive and float** while the other pups get help.

Teaching Practices

Go through all the different floats and try and encourage children to hold them for longer.

Once children are holding their floats ask them to **shout for help**.

Activity

Playing a game of 'Simon Says' but call it 'Marshall Says'

- Marshall says let's float like a star
- Marshall says let's float on our front and blow bubbles
- Marshall says let's do a mushroom float

Teachers Tips

Marshall is the clumsy pup but he's also brave, can the children **be brave like Marshall**?

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LEARN HOW TO HELP LIKE RUBBLE & ROCKY - LESSON PLAN

Activity	Rubble can see Marshall is in trouble in the water and he wants to help. Let's Be Helpful Like Rubble and learn how to help!
Teaching Practices	Should Rubble jump in after Marshall to help? Explain why he shouldn't jump in but what else can Rubble do to help. Who can Rubble call? <ul style="list-style-type: none"> • 999 • Adult • Lifeguard
Teachers Tips	<ul style="list-style-type: none"> • Ask the children if they know who 999 calls and if they know which pup works with emergency services. PAW Patrol answer: Chase (police dog) • Can you point out the lifeguard? What colours do lifeguards wear?

Activity	Rocky wants to try and find something that he can throw to Marshall to help him float.
Teaching Practices	Throw toys in the pool and ask the children to Be PAW-sitive like Rocky and try and find some items to help Marshall. <ul style="list-style-type: none"> • See if children understand what items float and sink and get them to test the items • See if children can swim across the pool or float with a ball
Teachers Tips	Rocky is a pup who always has handy resources and likes to recycle the things he finds into useful items.



PAW-SOME LEARNING

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EXCLUSIVELY FROM



ROUND OF A-PAWS!



YOU'VE LEARNT THE WATER SAFETY
CODE AND HOW TO **#LOVEWATERSAFELY**

**THANK YOU
YOU ARE PAW-SOME!**

WATER SAFETY CODE

- ✓ SPOT THE DANGERS
- ✓ DON'T GO ALONE
- ✓ LEARN HOW TO HELP
- ✓ LEARN HOW TO SURVIVE -
FLOAT TO LIVE



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FIND OUT MORE ABOUT STA'S PAW PATROL SWIM AWARDS SERIES VIA WWW.STA.CO.UK

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