

Activity: **Row, Row, Row Your Boat**

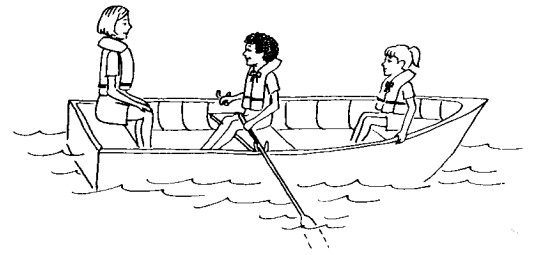
Grade Level: Grade 1

Major Emphasis: Water and Boat Safety

Major Curriculum Area: Physical Education

Related Curriculum Areas:

Refer to Outdoor Education Curriculum Matrix K-2
Career Education
Social Studies
Human Relations
Language Arts
Science



Program Indicator:

The student will use knowledge of water and boating safety rules as they relate to personal and group safety.

Student Outcomes: The student will:

1. demonstrate proper use of a personal flotation device (PFD).
2. identify three water and boating safety rules.
3. demonstrate safe water and boating practices.
4. use existing and new vocabulary to describe characteristics of the environment.

Readiness:

1. Introduce vocabulary:

rowboat	piling	shore	waves	personal flotation device (PFD)
bulkhead	deep	oars	river	throwing assist
line	pier	shallow	ring buoy	

2. Introduce compare and contrast vocabulary:

wet/dry	hot/cold	warm/cool	still-calm/rough
deep/shallow	sink/float	loud/quiet	

3. Introduce PFDs.
 - a. Discuss their importance.
 - b. Demonstrate how to wear a PFD properly. Borrow a PFD for students to see and try on.
 - c. Discuss significance of color.
4. Introduce basic water and boating safety rules and the importance of following them. Refer to "Water and Boating Safety Rules," Supplement A.
5. Teach the song, Row, Row, Row Your Boat.

Materials:

personal flotation device (1 for each student and adult)
ring buoy with a line
rowboat(s)
oars

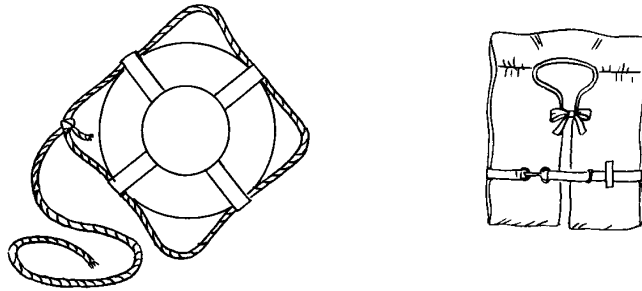


Figure 1: Ring Buoy and PFD

Procedures: (DL1,2&3)

To ensure the safety of the group, it is strongly recommended that the boats be placed into the water prior to the arrival of the students.

1. Have students put on their PFDs, properly sized to their weight.
2. Review water and boating safety rules.
3. Have each student select a partner ("buddy") and hold their hand. This will reinforce the number one safety rule of never going near the water alone. A simple game that children enjoy is called "Buddy Check." During various times throughout the activity, call the words "Buddy Check." On this cue, each student must find their "buddy" and raise their buddy's hand.
4. Have students observe and discuss the waterfront environment from a safety point of view (i.e. pier railings, shoreline, bulkhead).
5. Demonstrate the safe way to enter a boat at the boat launch.
 - a. Emphasize *staying low, moving slowly and moving along the center.*
 - b. The adult enters the boat first and assists students in entering properly and finding a seat.
6. Instruct students to remain seated and discuss what could happen if someone stood up.
7. Row the boat slowly in the designated shallow water boating area.
8. Have students observe the environment using their senses.
 - a. Sight: observe with hands over the ears.
 - b. Listening: close eyes to enhance listening.
 - c. Touch: close eyes to feel the effects of the wind, sun and movement of the water.
 - d. Smell: close eyes, cover ears and concentrate on smells in the environment.
9. Discuss docking rules with students. Emphasize *staying seated until stopped, getting out one person at a time, moving slowly and moving along the center line.*
10. Call for a "Buddy Check" after the students are back on shore.

Summary: (DL2&3)

1. Review the boating safety rules and their importance.
2. Using a graphic organizer on an easel, write and/or illustrate the students' experience in the rowboat.



Follow-Up: (DL2,3,4&5)

1. Have the students design a postcard with a drawing of their experience on one side. On the other side, have them write 3 sentences about the experience.
2. Create a poster illustrating one of the safety rules that they learned.
3. Complete a sense chart about their experience. Paint a mural that illustrates their ideas.

touch

smell

taste

sight

listening

Extension Activity: (DL2,3,4&5)

With the use of prop bags, have the students dramatize the safety rules that they learned.

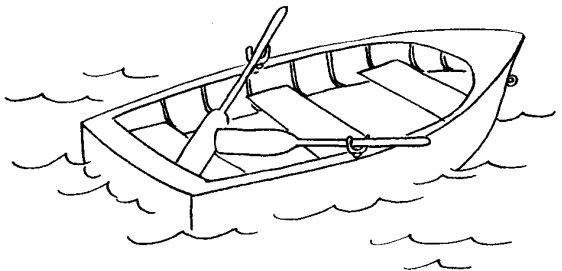
Teacher Resources:

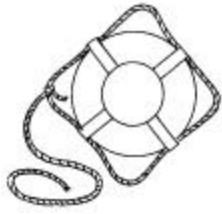
Books:

- < *Basic Rescue and Water Safety, American Red Cross.
- < *Water Safety Coloring Book.

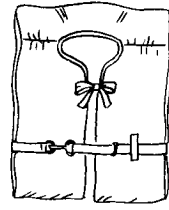
Slides:

- < *"Freddie the Fish"





Water and Boating Safety Rules



1. Always have a "buddy" around the waterfront, a pool or while swimming.
2. Always wear a PFD (personal flotation device) when going near the water or in a boat.
3. Observe the environment around the water, noting possible hazards.
4. No horseplay, pushing, shoving around the water.
5. Know how deep the water is before entering.
6. Always walk, never run, on the pier or at the waterfront.
7. Stay low, move slowly and stay near the center line when entering or exiting a boat.
8. Remain seated in a small boat. Too much movement can cause the boat to capsize.
9. Never jump into the water to save or "rescue" another person. Always call for help as loudly as you can and use a throwing assist.
10. Learn to swim. It can save your life.
11. Do not tell someone you can swim when you really cannot.
12. Never go on the ice unless someone in authority has determined it to be a safe thickness.

