ActIVITY Workbook

www.kIwIswImsafe.org.nz
Welcome to the Kiwi Swim Safe Activity Workbook.

In this booklet you will find lots of useful activities relating to preparation of your aquatic environment, activities for during your swimming time and follow on activities. This booklet can also be used in the classroom or for non-swimmers.

In New Zealand we are surrounded by water and it vital we learn how to enjoy those environments safety.

The Pool Rules Are:

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

Draw your pool here
Know the Dangers!

Brainstorm and create a list of safer and unsafe behaviours around the water in the left hand column.

In the opposite column list some consequences for each entry.

<table>
<thead>
<tr>
<th>BEHAVIOURS</th>
<th>CONSEQUENCES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eg: Swimming between the flags</td>
<td>Safer fun in the water</td>
</tr>
</tbody>
</table>

As kiwi kids surrounded by water, we think hard about our safety!!!
Drawing swimmers

Paint your underwater adventure at a camp, the beach, a pool or at a swim meet.

Swimming is fun no matter where you do it, at the beach, the lake, the pool at home or the pool at school. Do you know what the four stokes of swimming are called? Can you name two survival strokes? Why is learning a survival stroke important? Can you swim one?

Need:
- Crayons
- Paper
- Water paints
- Paint Brushes
- Jar of water
- Newspaper

Using crayons draw yourself and some other people swimming in the water. Show which body parts are above the water (arms) and which are below the water (face, tummy and legs). Design colourful togs, goggles and swimming caps. Make a thick layer of crayon so it really stands out.

Cover your work space with newspaper. Using watercolour paint, paint the water line across the swimmers body. The waxy crayon will show through under the paint. Mix colours to show the colour of the water where you are swimming, the pool, the beach or a lake.

Remember to make a background for your swimmer too. Perhaps the pool wall, lane ropes, mountains, waves or sand dunes, you can paint over this too with your watercolour paints.
Word scramble
Can you unscramble the phrases below?

WILEN MARTOS

HEUTIKORIW

KICLEGSMSGITHLO

THANAIMAYSWITALWSW

DUL

ATWEABOETLIRACKTHE

ONFEJ

THEPTCHKCHEDE
Koru’s Questions

Learn to swim, Koru the kiwi, Kick with long legs, Always swim with an adult, Wear a lifejacket on the boat, Check the depth

1) What should you always wear in a boat?

2) Name one pool safety rule?

3) Where should you swim at the beach?

4) Draw the streamline position?

5) Who should we always listen to when we are swimming?

6) Why should swimming pools be fenced?

7) What does Koru means?

8) Find out the depth of the shallow and deep ends of the pool. Is this over your head?

9) How do you signal when you are in trouble?

10) When you go swimming who do you always have to take with you?
Fill in each blank with the correct letter:

T  O  B  F

___hale    ___ctopus    ___rog
turtle

boat

eal

___urtle

___oat

___eal
JUNIOR WORD SCRAMBLE

Can you help Koru unscramble these letters to reveal words that are related to the water?

Good luck!

MIWS

OATB

IZP

REWAT

OLOP

LPHE

SGFLA

EABCH
Fill in the Gaps......

“Safety in the Water”

Use the words in the “Word Bank” below to complete the sentences:

<table>
<thead>
<tr>
<th>Alone</th>
<th>Weather</th>
<th>Before</th>
<th>Respect</th>
<th>Shallow</th>
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<tbody>
<tr>
<td>Obey</td>
<td>Adult</td>
<td>Feet</td>
<td>Between</td>
<td>Swim</td>
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<tr>
<td>Always</td>
<td>Out</td>
<td>Water</td>
<td>Never</td>
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</table>

I must ........................ have an ....................... watching me when I am in the ................. I must ................. swim ................., and if I am unsure, I must stay ............

I must ............... all the safety signs and swim .................. the flags and know the ....................... conditions ....................... I swim.

I will learn to ...................... the water, and enter .................... or unknown water .................... first.

I will feel more confident in the water if I learn to ....................
Name: _____________________
Age: _____________________
Year Level: ________________
School: ___________________
Can you help the swimmers find their way to the pool?
WATER SAFETY WORDFIND

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</tbody>
</table>

- HELP
- WATER SAFETY
- RIP
- KIWI SWIM SAFE
- RIVER
- LAKE
- SEA
- KICK
- SCULL
- LIFE JACKET

- DUCK DIVE
- HUDDLE
- WARMTH
- ENTRY
- EXIT
- FLOAT
- POOL
- FREESTYLE
- LESSONS
- BOATING
Which Problems Give the Right Answer?

<table>
<thead>
<tr>
<th>Answer:</th>
<th>Equations:</th>
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<tbody>
<tr>
<td>9</td>
<td>10-1</td>
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<tr>
<td>5</td>
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<tr>
<td>8</td>
<td>10-2</td>
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<td>10</td>
<td>12-3</td>
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<tr>
<td>12</td>
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<tr>
<td>6</td>
<td>3+3</td>
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<tr>
<td>11</td>
<td>6+4</td>
</tr>
<tr>
<td>7</td>
<td>7+0</td>
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</tbody>
</table>
Koru’s Questions

What does H.E.L.P stand for?

Draw a picture of you in the HELP position below.
SPOT THE DIFFERENCES
Adding and Subtracting

Follow the path around the animals that like water,
Find the **sums** and **differences**.
Word Find

Use the coded symbols to find all the words in the word find

<table>
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</tr>
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KORU
SWIMMING
SPLASH
FUN
LEARN
KICKING
BBUBBLES
SCHOOL
DIVE
GOGGLES
CAP
POOL
Answers:

Page 4:
1. Learn to swim
2. Koru the kiwi
3. Kick with long legs
4. Always swim with an adult
5. Wear a lifejacket on the boat
6. Check the depth

Page 5:
1. A life jacket
2. No running, no pushing, swim with others
3. Between the flags
4. 
5. An adult, parent, persons over 14 years
6. To keep kids safe
7. New Beginnings
8. ?
9. 1 arm straight up in the air
10. A responsible adult, parent, guardian

Page 6:
1. Whale
2. Octopus
3. Frog
4. Turtle
5. Boat
6. Seal

Page 7:
1. Swim
2. Boat
3. Zip
4. Water
5. Pool
6. Help
7. Flags
8. Beach

Page 13:
Heat
Escape
Lessening
Position

Page 14:
1. Waves on top picture
2. Ship
3. Wind Surfer
4. Kite Surfer
5. Umbrella
6. Hat on man by umbrella
7. Dog Leash
8. Lifeguard tower
9. Swimmer
10. Children in sand

Page 15:
5
3
7
10
9
12
6
4
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10
8
2
6