

Swim and Survive Knowledge Modules:

LEARNING OUTCOMES & LINKS



MODULE NAME	LEARNING OUTCOMES	CONTENT DESCRIPTION	SWIM AND SURVIVE LINK	NATIONAL SWIMMING & WATER SAFETY FRAMEWORK LINK	AUSTRALIAN CURRICULUM LINK
1. WATER SAFETY AT HOME	<p>Learners will learn about:</p> <ul style="list-style-type: none"> • Safe and unsafe places in and around the home • How to stay safe around water at home and on a farm 	<p>Content in this module includes:</p> <ul style="list-style-type: none"> • Where water can be found around the home and the hazards associated. <ul style="list-style-type: none"> - Home and paddling pools - Bath and spas - Fishponds - Buckets and eskies - Dams and irrigation channels - Water tanks, troughs, and dips • Actions and rules to follow to keep safe. <ul style="list-style-type: none"> - Adult supervision - Safe play around water e.g., no pushing, no running - Home pool safety e.g., shut the gate, no climbing, remove toys - No wandering around farms 	<p>Hazards & Personal Safety strand</p> <ul style="list-style-type: none"> • Level 01 • Level 02 • Level 03 	<p>Fundamental stage</p> <ul style="list-style-type: none"> • Identify aquatic environments at or near the home (H1) • Identify hazards in aquatic environments at or near the home (H2) • Identify rules for safe behaviour at aquatic environments at or near the home (H3) 	<p>Foundation</p> <ul style="list-style-type: none"> • Identify people and demonstrate protective behaviours and other actions that help keep themselves safe and healthy (ACPPS003) • Identify actions that promote health, safety and wellbeing (ACPPS006) <p>Stage 1 (Years 1 & 2)</p> <ul style="list-style-type: none"> • Recognise situations and opportunities to promote health, safety and wellbeing (ACPPS018)
2. HELP IN AN EMERGENCY	<p>Learners will learn about:</p> <ul style="list-style-type: none"> • Signs that you or someone else might be in difficulty • Who can help • How to get help in an emergency 	<p>Content in this module includes:</p> <ul style="list-style-type: none"> • Signs to recognise if someone is in difficulty in the water • What to do if you get into difficulty in the water • Who can help <ul style="list-style-type: none"> - Parents, carers, adults as the first point of call - Emergency services; Police/Fire/ Ambulance • How to get help <ul style="list-style-type: none"> - Shout, go and get an adult - Triple Zero (000) to call for an emergency - Home Address 	<p>Lifesaving strand</p> <ul style="list-style-type: none"> • Level 01 • Level 02 • Level 03 	<p>Fundamental stage</p> <ul style="list-style-type: none"> • Identify people who can help in an emergency (L1) • Identify how to get help (L2) • Identify an emergency and actions to help (L3) 	<p>Foundation</p> <ul style="list-style-type: none"> • Identify people and demonstrate protective behaviours and other actions that help keep themselves safe and healthy (ACPPS003) • Identify and describe emotional responses people may experience in different situations (ACPPS005) • Identify actions that promote health, safety and wellbeing (ACPPS006) <p>Stage 1 (Years 1 & 2)</p> <ul style="list-style-type: none"> • Recognise situations and opportunities to promote health, safety and wellbeing (ACPPS018) • Identify and practise emotional responses that account for own and others' feelings (ACPPS020)

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3. SAFE PLACES TO SWIM	<p>Learners will learn about:</p> <ul style="list-style-type: none"> • A range of aquatic environments that may be found in their community • Activities that can be done in a range of aquatic environments • Dangers and hazards to be aware of in aquatic environments 	<p>Content in this module includes:</p> <ul style="list-style-type: none"> • Local swimming pools and aquatic facilities <ul style="list-style-type: none"> - Activities including swimming lessons, aqua aerobics, recreational swimming, lifesaving training - Swimming abilities and level of supervision - Common safety signage • Inland waterways; rivers, lakes, creeks, lagoons & waterholes <ul style="list-style-type: none"> - Currents, water depth, water temperature • Beaches <ul style="list-style-type: none"> - Types of beaches - Assessing safe beach locations - Hazards: rip currents, rocks, marine animals, stingers, waves, sandbars, tides, inflatable toys, or watercraft drifting 	<p>Hazards & Personal Safety strand</p> <ul style="list-style-type: none"> • Level 04 • Level 06 	<p>Acquisition stage</p> <ul style="list-style-type: none"> • Identify a range of aquatic environments (H4) • Identify hazards in a range of aquatic environments (H5) 	<p>Stage 1 (Years 1 & 2)</p> <ul style="list-style-type: none"> • Identify and explore natural and built environments in the local community where physical activity can take place (ACPPS023)
4. STAYING SAFE IN THE WATER	<p>Learners will learn about:</p> <ul style="list-style-type: none"> • How to be prepared to stay safe in the water before leaving home • Recognising unsafe behaviour or dangers • How to assess whether it is safe to enter the water • Rules to follow 	<p>Content in this module includes:</p> <ul style="list-style-type: none"> • Rules to follow to keep safe • Recognising unsafe behaviour • Assessing the water before entering • Recognising dangers • How to prepare beforehand • Ways to stay safe • Meaning of safety signs • Dangers of marine life • Times it is not safe to go into the water 	<p>Hazards & Personal Safety strand</p> <ul style="list-style-type: none"> • Level 07 • Level 08 	<p>Acquisition stage</p> <ul style="list-style-type: none"> • Understand and respect safety rules for a range of aquatic environments (H6) 	<p>Stage 1 (Years 1 & 2)</p> <ul style="list-style-type: none"> • Recognise situations and opportunities to promote health, safety and wellbeing (ACPPS018) <p>Stage 2 (Years 3 and 4)</p> <ul style="list-style-type: none"> • Identify and practise strategies to promote health, safety and wellbeing (ACPPS036)

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5. GETTING HELP IN AN AQUATIC EMERGENCY	<p>Learners will learn about:</p> <ul style="list-style-type: none"> • Signs that someone is in difficulty in the water • When help should be sought • The roles of different emergency services • How to call Triple Zero (000) and communicate the required information 	<p>Content in this module includes:</p> <ul style="list-style-type: none"> • Signs someone is in difficulty in the water e.g., bobbing in the water, unable to call for help etc. • Recognising emergency situations e.g., being dumped by a wave and not resurfacing, being bitten by a marine animal etc. • Roles and responsibilities of different emergency services <ul style="list-style-type: none"> - Police, Fire, Ambulance - SES, Marine Rescue - Pool Lifeguards and Beach Lifesavers • How to call Triple Zero (000) <ul style="list-style-type: none"> - Location details, number of casualties, casualty condition, what happened - Remain on the phone with emergency services 	<p>Lifesaving strand</p> <ul style="list-style-type: none"> • Level 04 • Level 05 	<p>Acquisition stage</p> <ul style="list-style-type: none"> • Recognise an emergency and call for help (L4) • Recognise and support an emergency (L5) 	<p>Stage 1 (Years 1 and 2)</p> <ul style="list-style-type: none"> • Practise strategies they can use when they feel uncomfortable, unsafe or need help with a task, problem or situation (ACPPS017) <p>Stage 2 (Years 3 and 4)</p> <ul style="list-style-type: none"> • Describe and apply strategies that can be used in situations that make them feel uncomfortable or unsafe (ACPPS035)
6. SWIMMING AND SURVIVAL	<p>Learners will learn about:</p> <ul style="list-style-type: none"> • The benefits of swimming • Swimming and survival strokes • A range of aquatic activities • Pathways and opportunities that swimming and lifesaving skills offer 	<p>Content in this module includes:</p> <ul style="list-style-type: none"> • Benefits of regular physical activity e.g., influence on sleep, concentration, and fitness • Looking into own personal activity profile including how often they exercise, what physical activities and ways they could be more active • Skills required to participate in a range of aquatic activities • Purpose of swimming and survival strokes <ul style="list-style-type: none"> - Competition - Survival - Rescue - Recreation 	<p>Swimming strand</p> <ul style="list-style-type: none"> • Level 06 • Level 07 • Level 08 • Level 09 • Level 10 • Level 11 • Bronze Star <p>Hazards & Personal Safety strand</p> <ul style="list-style-type: none"> • Level 09 	<p>Acquisition stage</p> <ul style="list-style-type: none"> • Swim continuously for 25 metres (S5) • Swim continuously for 50 metres (S6) <p>Application stage</p> <ul style="list-style-type: none"> • Swim continuously for 100 metres (S7) • Swim continuously for 200 metres (S8) • Swim continuously for 400 metres (S9) 	<p>Stage 2 (Years 3 and 4)</p> <ul style="list-style-type: none"> • Identify and practise strategies to promote health, safety and wellbeing (ACPPS036) • Examine the benefits of physical activity to health and wellbeing (ACPMP046) <p>Stage 3 (Years 5 and 6)</p> <ul style="list-style-type: none"> • Participate in physical activities designed to enhance fitness, and discuss the impact regular participation can have on health and wellbeing (ACPMP064)

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7. AQUATIC ACTIVITIES	Learners will learn about: <ul style="list-style-type: none"> How to safely participate in a range of aquatic activities 	Content in this module includes: <ul style="list-style-type: none"> Identifying aquatic environments in your local community Safety for aquatic activities <ul style="list-style-type: none"> Boating Fishing Kayaking Snorkelling Important safety equipment e.g., lifejackets Behaviours you should and should not do e.g., swim between the flags, wear sunscreen / swim at night, ignore lifesavers etc. 	Hazards & Personal Safety strand <ul style="list-style-type: none"> Level 09 	Application stage <ul style="list-style-type: none"> Explore a range of aquatic activities and understand how to participate safely (H7) 	Stage 3 (Years 5 and 6) <ul style="list-style-type: none"> Investigate the role of preventive health in promoting and maintaining health, safety and wellbeing for individuals and their communities (ACPPS058) Explore how participation in outdoor activities supports personal and community health and wellbeing and creates connections to natural and build environments (ACPPS059)
8. NON-SWIMMING RESCUES	Learners will learn about: <ul style="list-style-type: none"> Self-preservation in rescues The rescue sequence known as the four A's Non-swimming rescue methods Aids to use for rescue 	Content in this module includes: <ul style="list-style-type: none"> Dangers of attempting to an in-water rescue The four A's rescue sequence <ul style="list-style-type: none"> Awareness Assessment Action Aftercare Non-swimming rescue methods <ul style="list-style-type: none"> Talk Reach Throw Wade Row Equipment for reach and throw rescues Matching situations to suitable rescue methods 	Rescue strand <ul style="list-style-type: none"> Level 02 Level 03 Level 04 Level 05 Level 06 Level 07 Level 08 Level 09 Level 10 Level 11 Bronze Star 	Acquisition stage <ul style="list-style-type: none"> Be rescued by a non-swimming rescue technique (R4) Rescue a person using a non-swimming rescue technique (R5) Rescue a person using a non-swimming rescue technique with non-rigid aids (R6) Application stage <ul style="list-style-type: none"> Rescue a conscious person using a wade (and an accompanied) rescue (R7) 	Stage 3 (Years 5 and 6) <ul style="list-style-type: none"> Plan and practise strategies to promote health, safety and wellbeing (ACPPS054) Investigate the role of preventative health in promoting and maintaining health, safety and wellbeing for individuals and their communities (ACPPS058)
9. AFTERCARE	Learners will learn about: <ul style="list-style-type: none"> Conducting a primary assessment Placing a casualty in the recovery position 	Content in this module includes: <ul style="list-style-type: none"> Revising the four A's <ul style="list-style-type: none"> Awareness Assessment Action Aftercare Primary assessment <ul style="list-style-type: none"> Check for danger Check for response Send for help Steps to place a casualty into the recovery position 	Lifesaving strand <ul style="list-style-type: none"> Level 06 Bronze Star 	Acquisition stage <ul style="list-style-type: none"> Respond to an emergency and perform a primary assessment (L6) 	Stage 3 (Years 5 and 6) <ul style="list-style-type: none"> Plan and practise strategies to promote health, safety and wellbeing (ACPPS054) Investigate the role of preventative health in promoting and maintaining health, safety and wellbeing for individuals and their communities (ACPPS058)