



SUBJECT: Physical Education & Health 4

TOPIC: AQUATICS (safety measurements)

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GRADE LEVEL: 12

SEMESTER: 2ND

WEEK: 7

LEARNING COMPETENCY:

*Demonstrate proper etiquette and safety in the use of facilities and equipment
(PEH12FH-IIaa-t-12).*

Mission #1

Activity 7.1: GUESS WHAT?

Direction: Base on your prior knowledge, give at least 10 things that you must do when you are in a swimming pool or beach. (10 points)

Swimming Safety Tips

According to the Centers for Disease Control and Prevention, 3,710

people drowned in 2018, including 719 children under the age of 15. In fact, drowning was the leading cause of unintentional death in children ages 1-4 in 2018. Furthermore, in 2018, drowning was the second leading cause of unintentional death in children ages 5-9.

More drowning deaths occur during summer – particularly in July – than any other time of year. And children can drown in less than one inch of water, so it is extremely important to exercise caution in the home, around the pool or on vacation at a lake or ocean.

Safety Tips

- Always ensure that there is adult supervision when children are swimming.
- Never leave a child alone in or near the water.
- Never let children swim alone. Teach them to use the buddy system.
- Make sure children swim in supervised or designated areas.
- Never let a child swim during a storm or when there is lightening.
- Never use water wings and pool toys as life jackets. (See Life Jacket Safety Chart.)
- Make sure children know the depth of the water.
- Don't let kids dive or jump into water that is less than 9-feet deep.
- Don't chew gum or eat while swimming, diving or playing in the water.
- Keep a first aid kit, phone and emergency numbers near the water.
- Learn CPR.
- Have each child aged four and older complete a swimming program.
- Enforce all pool rules, including no running, pushing people in or dunking other swimmers.
- Be sure to remove all toys from the water after everyone is done swimming, so they don't tempt small children to enter the water when an adult is not around.

- At the ocean, be careful of underwater currents and the wave action. Never run and dive into the waves head first.
- Don't swim in rivers, where fast-moving water is extremely dangerous and currents are hard to gauge.
- Don't overdo it when swimming. Build up your endurance slowly.

Why is water safety important?

Why Is It **Important** to Be **Safe** in the **Water**? Fish are able to live and breathe in **water**, but people need air to breathe. People drown when too much **water** gets into their lungs. ... But accidents can happen anywhere — at someone's home or even at your own house, and that's why you need to know how to be **safe** around **water**.
What are water safety tips?

Top 10 Water Safety Tips for Families.

- **Water safety** encompasses a person's behavior in and around the **water**. ...
 - Never Swim Alone. ...
 - Supervise Children When They're in the **Water**. ...
 - Don't Play Breath-Holding Games. ...
 - Always Wear a Life Vest. ...
 - Don't Jump in the **Water** to Save a Friend. ...
 - Enter the **Water** Feet First. ...
 - Stay Away From Pool Drains
- <https://gwrymca.org>

Pool Rules

<ul style="list-style-type: none">➤ No drink➤ No food➤ No smoking➤ No littering➤ Don't shout➤ No pets➤ No diving➤ Don't run➤ Don't swim alone➤ No rough play	<ul style="list-style-type: none">➤ No peeing in pool➤ Watch your children➤ Shower before pool➤ Use slippers➤ Use cap and goggles➤ Use swim suit➤ Use restrooms➤ Children only with parents➤ Be careful➤ The camera
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WHERE CAN I GET HELP? WHO CAN HELP ME?

❖ **RESCUE**

1. Get Help

- Notify a lifeguard, if one is close.
- If not, ask someone to call 911.
- If you are alone, follow the steps in the next slide.

2. Move the Person

- Take the person out of the water.

3. Check for Breathing

- Place your ear next to the person's [mouth](#) and nose.
- Do you feel air on your cheek?
- Look to see if the person's chest is moving.

4. If the Person is Not Breathing, Check Pulse



- Check the person's [pulse](#) for 10 seconds.
- If There is No Pulse, Start CPR
- Repeat if Person Is Still Not Breathing

Why is it important to know the different safety measures in swimming?

To Prevent Other Injuries many are at risk of slipping and being injured. People must follow pool **safety regulations**. ... Slipping near a **swimming** pool can also lead the person to fall into the pool which may cause them to drown. Diving injuries can also happen especially when people are unsupervised.

General Swimming Safety Tips

- select a day free of storms, if the water is located outside.
- inspect the **swimming** area for possible hazards.
- keep life jackets and throwing implements handy.
- **swim** in an area with lifeguards on duty.
- pay close attention to any children **swimming** with them.

Mission#2

Activity 7.2

Let's do this!!

In a form of poem, kindly tell us your dream vacation. The poem must consist of three stanza with four lines in each stanza. (50 points)

CRITERIA

Relevance to the theme-	15
Creativity and Originality-	25
Coherence of form and Structure-	<u>10</u>
TOTAL:	50

SUMMARY/SYNTHESIS/FEEDBACK

- Now that you have learned the Safety Measures in swimming, it's now your turn to share what you have learned with your family, friends, and immediate community.
- Safety Measurements are activities and precautions taken to improve safety.
- It is important to know this concept not just to help our self but other who need us

REFERENCES:

<http://www.visualdictionaryonline.com/sports-games/aquatic-nautical-sports.php>

<https://gwrymca.org/blog/water-safety-tips>

<https://swimjim.com/blog/8-different-swimming-styles-strokes/#:~:text=Here%20Are%208%20Different%20Swimming%20Styles%20and%20Strokes%3A,3%20Breaststroke.%204%20Butterfly.%205%20Sidestroke.%20More%20items>

<https://www.losangeleshomes.com/swimming-safety-guide/>



PHYSICAL EDUCATION AND HEALTH 4
S.Y 2023-2024

Name: _____

Quarter: _____

Yr. & Sec: _____

Teacher: _____

ASSESSMENT- WEEK 7

Test 1. ENUMERATION

Directions: List down what is ask on each item.

1. List down the process of asking help or to be rescued.
2. Give at least 6 safety tips for families when you are having beach swimming or pool swimming.

Test 2. ESSAY

Directions: Answer the question to the best of your knowledge. It must compose of three to five sentences. Write your answer o space provided. (5 points)

1. How important to know limitations of water safety?

(Write your answers below)
