

NSW MARINE BOATING SAFETY 360° PROJECT

LESSON PLAN 1: LIFE JACKETS & THEIR USES

Objective:

- Students will learn about different types of life jackets, their appropriate users, and the safety regulations governing their use. They will also learn to identify and use resources such as weather forecasts and safety guidelines to ensure a safe boat launch.

Suitable for:

- NSW Stage 3

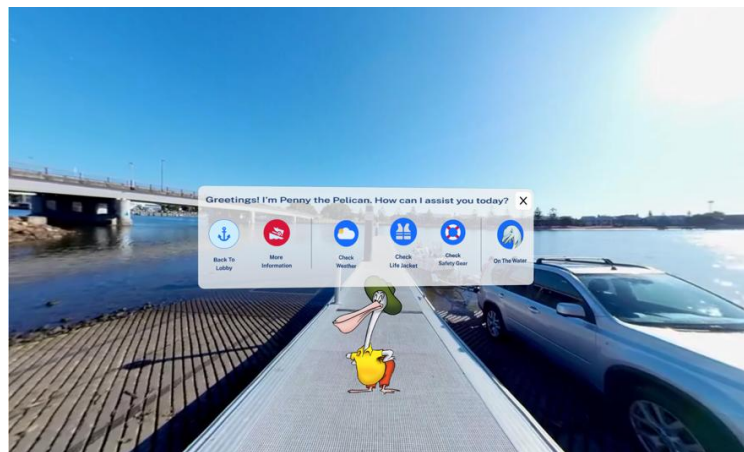
NSW Curriculum Links:

This lesson addresses the following curriculum points:

- NSW Stage 3 Curriculum – PDHPE (Personal Development, Health and Physical Education)
- PD3-2:** Investigates safety resources and problem-solving strategies for safe boating.
- PD3-3:** Encourages empathy and respect when considering different safety needs.
- PD3-4:** Discusses the importance of life jackets in preventing drowning and injuries.
- PD3-5:** Engages students in group discussions and collaboration.
- PD3-6:** Teaches how environmental factors impact safety decisions.
- PD3-7:** Encourages matching safety equipment to specific users.
- PD3-8:** Introduces life-saving practices and safety planning.
- PD3-9:** Connects water safety awareness to real-world applications.
- PD3-10:** Encourages teamwork and communication in decision-making.

Online Resource Reference:

- Website: <https://360boatinglessonplans.vrty.io/360-boating-safety/>
- 360° Boating Safety Project: <https://boating.vrty.io/>
- Penny The Pelican Section - Before We Go – Check Life Jacket



TEACHER INSTRUCTIONS

Allow your students to explore the online resource content either as a class – teacher-led, individually on their own device or in smaller groups with a group device. Show them how to navigate to the **Check Life Jacket** section of the 360° Boating Safety Project. Provide the Student Worksheet to students to answer the questions.

1. Introduce the Topic:

- Discuss the importance of life jackets and their role in preventing drowning.
- Explain that different life jackets are designed for specific situations and users.
- Allow students to explore the online content individually, in small groups, or as a class using a Smart Board.

2. Scenario-Based Activity:

- Guide students through the **Check Life Jacket** section of the 360° Boating Safety Project.
- If using a Smart Board, ask students to come forward and interact with the resource.
- Ask students to answer the different life jacket scenario-based questions in the Student Worksheet.

3. Discussion & Reflection:

- Ask your students to answer, discuss and reflect on the 3 questions in the Student Worksheet.
- Discuss why different life jackets are used in various scenarios.
- Talk about the consequences of wearing the wrong type of life jacket.

Extension Activity:

- Have your students create a safety poster illustrating when and why different life jackets are used.
- Book in a visit from a NSW Marine Boating Education Officer, who will bring different life jackets with them. <https://www.nsw.gov.au/driving-boating-and-transport/waterways-safety-and-rules/safety-education/community-programs>

This lesson plan will help students develop awareness of water safety, improve their problem-solving skills, and understand the importance of using appropriate safety gear in different water activities.

The worksheet below will help students understand life jackets, their importance, and how to make safe choices when participating in water activities.

STUDENT WORKSHEET: LIFE JACKETS & THEIR USES

Name: _____

Date: _____

Part 1: Understanding Life Jackets

Question 1: What is the primary purpose of a life jacket?

Answer 1:

Question 2: What are each of the below life jacket types used for:

Life Jacket Type	Usage
Level 150 / Inflatable	_____
Level 50S	_____
Level 50	_____
Level 100 Foam	_____

Question 3: How do Level 150 / Inflatable life jackets fill with air?

Answer 3:

Question 4: Why is it important to wear the correct type of life jacket for different water activities?

Answer 4:

Part 2: Scenario-Based Activity

Read the following scenarios and circle the correct life jacket type for each situation:

1. Mia is 13 years old and going offshore on a fishing boat with her parents. What type of life jacket should she wear?

- a) Inflatable / Level 150
- b) Level 50S
- c) Level 100 Foam
- d) No life jacket needed

2. Jake is 14 years old and is going wakeboarding on a calm lake with his friends. What life jacket is best for him?

- a) Level 50
- b) Inflatable / Level 150
- c) Level 100 Foam
- d) No life jacket needed

3. Sam is 10-year-old and going on a sailing trip with his school. They will start off in the harbour, but then head offshore. Which life jacket should he wear?

- a) Level 100 Foam
- b) Inflatable / Level 150
- c) Level 50
- d) No life jacket needed

4. Which life jacket is best for rough offshore weather?

- a) Level 50
- b) Inflatable / Level 150
- c) Level 100 Foam
- d) No life jacket needed

Part 3: Discussion Questions
1. What could happen if someone wore the wrong type of life jacket?
2. Why is it important to check weather conditions before going boating?
3. How can we make sure everyone stays safe while participating in water activities?
Extension Activity
<p>Create a Safety Poster:</p> <ul style="list-style-type: none">• Draw and label different life jackets.• Explain when and why each type is used.• Add safety tips for boating and water sports.

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