



Topic	Learning Outcomes
<p><b>Introduction to Surf Life Saving</b> Lesson: My Beach Playground</p>	<p>Know their way around their surf club and beach Identify the junior activities boundaries</p>
<p><b>Personal Safety</b> Lesson: If I need help</p>	<p>Understand basic safety practices: how to signal for help, importance of having an adult present when in the water, and staying with the group at all times.</p>
<p><b>Ecosurf</b> Lesson: Friend or foe?</p>	<p>Understand the types of animals that we share the beach with Identify dangerous animals at the beach</p>
<p><b>Sun Safety</b> Lesson: Slip, Slop, Slap</p>	<p>Understand the meaning of slip, slop, slap</p>
<p><b>Surf Safety</b> Lesson: Watching over you</p>	<p>Understand the role of an adult at the beach</p>
<p><b>Patrols</b> Lesson: I'm a lifesaver</p>	<p>Identify what a lifesaver looks like Identify the safest place to swim at the beach</p>
<p><b>Water Confidence</b> Lesson: Beached Whales</p>	<p>Enjoy playing in the surf Develop confidence in the water</p>
<p><b>Wading</b> Lesson: Swinging legs</p>	<p>Enjoy wading in and out of the water Develop confidence in the water</p>
<p><b>Beach Flags</b> Lesson: Beach fairies</p>	<p>Enjoy playing beach flags</p>
<p><b>Beach Sprints</b> Lesson: Land crabs</p>	<p>Enjoy beach sprinting and participating in beach relays</p>