



Kangaroo BEACH

SERIES 1

TEACHING TOOLKIT



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ABOUT THE SERIES

Welcome to Kangaroo Beach, a spectacular sunny paradise and summer home to four super-keen young lifeguard cadets.

Joey Pounce is a wannabe-hero lifeguard, platypus Gemma is a mini-marine biologist, wombat Neville is an expert sandcastle digger, and koala Frizzy is an all-singing, all-dancing, all-fabulous performer extraordinaire.

Every dazzling day is an action-packed adventure for the four furry friends, whether training to be lifeguards, mastering new water sports, discovering the marvels of the ocean, or scuba diving for underwater treasure. With waves to surf, a coral reef to enjoy, fascinating sea creatures to meet and a tropical island to explore, they're never far from fun – or danger!

But under the guidance of grown-up lifeguards Bondi, Sandy and Big Trev, they're gaining imperative water safety skills that will help keep themselves and other beachgoers safe all summer.

Through fun-filled games, sporting contests and on-the-job training, there's so much to learn about surf awareness, rescue equipment and protecting the beach, with a special medallion to earn for every new skill they master.

When an emergency breaks out, the cadets step up to help their heroes, putting their new skills and unique talents into practice, quickly becoming an essential part of every mission when the siren sounds on Kangaroo Beach.

USING THIS RESOURCE

The *Kangaroo Beach* Teaching Toolkit is a water safety education resource for F-2 students and teachers. These eight lesson plans can be used alongside school swimming lessons, during inquiries into health and safety, or to address Health and Physical Education content in Version 9.0 of the Australian Curriculum an engaging way. The resource is endorsed by Surf Life Saving Australia (SLSA).

Lesson plans correspond to key learning areas in the National Swimming and Water Safety Framework, addressing Hazards and Personal Safety, Entries and Exits, Flotation, Swimming, Underwater, Lifesaving, Rescue, and Survival Sequence. Each lesson identifies a relevant *Kangaroo Beach* episode and water safety message, lists comprehension questions for the class or individual students, and includes a student activity sheet related to the theme. The resource will improve or consolidate students' knowledge of safe behaviours around water, empowering them to contribute to their own safety.



LESSON 1:

HAZARDS AND PERSONAL SAFETY

Water Safety Message: **NEVER SWIM ALONE**

Watch: **'FRIZZY'S TREASURE HUNT'**

KANGAROO BEACH



The cadets are learning how to scuba dive, including the all-important message: Always swim with a buddy. But Frizzy is distracted by her own obsessive mission – to find King Neptune’s trident and crown herself Queen of the Sea! When she abandons her buddy Big Trev to look for it, he winds up stuck in an underwater cave! Now Frizzy must guide Sandy to the rescue underwater, using scuba signals – and stick with her buddy.

In ‘Frizzy’s Treasure Hunt’, Bondi tells a distracted Frizzy that it is important to stay together in the water. By leaving her buddy Big Trev alone in the water, she puts them both in danger. Neville helps with Big Trev’s rescue by asking him questions and alerting lifeguards to the emergency.

After viewing the episode, have students answer the following water safety questions and complete the activity sheet.

WATER SAFETY QUESTIONS

Q1: Sandy and Bondi say that children should always have a buddy watching out for them when they swim. Why is this important?

A1: An adult can check the conditions, check for hazards, give advice and help to keep children safe.

Q2: Who do you usually swim with? Who else would you enjoy swimming with?

A2: Tell a partner or the class about your swimming buddies.

Q3: Who could you ask for help if someone needed rescuing in the water?

A3: Lifeguards, lifesavers, emergency services, other adults.



LESSON 2:

ENTRIES AND EXITS

Water Safety Message: **MURKY WATER CAN CONCEAL UNDERWATER HAZARDS**

Watch: **'THE LAGOON MONSTER'**

When Pounce falls in the lagoon and gets covered in seaweed, the other cadets mistake him for a swamp monster and decide they must capture it. The cadets eventually learn that he has tripped over a submerged log in the murky lagoon – the same log Frizzy gets her foot stuck under.

In 'The Lagoon Monster', lifeguard Sandy explains that you should check for underwater hazards in shallow and murky water by entering the water feet-first and slowly. You can pass a stick through the water to check for seaweed, reeds, logs, or other hidden hazards.

After viewing the episode, have students answer the following water safety questions and complete the activity sheet.

WATER SAFETY QUESTIONS

Q1: Bondi warns the cadets that murky water can be dangerous for swimmers. Why might it be dangerous?

A1: Murky water is dangerous because it can hide underwater hazards. People can become tangled in underwater hazards like seaweed or hurt themselves on hard objects like rocks.

Q2: Have you ever found an underwater hazard when playing in the water? What was the object and what happened next?

A2: Share your experience with a partner or the class.

Q3: How should you enter shallow and murky water?

A3: Enter the water feet first and slowly. Ask an adult to help you check for hazards, or you could pass a stick through the water to help check.

LESSON 3:

FLOTATION

Water Safety Message: **STAY CALM AND FLOAT**

Watch: **'THE BEACH RACE'**



Gemma is determined to win the Kangaroo Beach junior triathlon, score a trophy and, most importantly, beat super competitive Pounce! But when an emergency breaks out during the race, she discovers there are more important things than winning gold.

In 'The Beach Race', cadet Gemma gets stuck in a rip current while swimming. A rip is a narrow, powerful current that pulls water away from the beach and out to sea. Lifeguard Sandy tells Gemma to stop swimming against the current. She explains that the best way to get out of a rip current is to stay calm and float, then let the rip push you back to the waves.

After viewing the episode, have students answer the following water safety questions and complete the activity sheet.

WATER SAFETY QUESTIONS

Q1: What is a rip current?

A1: A rip is a narrow, powerful current that pulls water away from the beach and out to sea. Rip currents are dangerous because they can pull swimmers away from the beach into deeper water.

Q2: How can you get free of a rip current?

A2: Stay calm and float, then let the rip push you back to the waves. Floating helps you save energy: you can float for much longer than you can swim. Don't try to swim against the current because this can tire you out. You can float on your back or tread water.

Q3: To attract attention from lifeguards or lifesavers, Gemma could also have waved her arm and shouted 'Help!' Surf Life Saving Australia advises anyone stuck in a rip to 'Relax, Raise, Rescue'. Who can demonstrate Relax, Raise and Rescue?

A3: Demonstrate your safety strategies for a partner or the class.

HOW TO AVOID RIP CURRENTS

Stay away from areas of the beach with:

- Fewer breaking waves
- Sandy water heading out to sea
- A rippled surface
- Deeper and / or darker water

And always swim in flagged areas patrolled by lifeguards or lifesavers.



LESSON 4:

SWIMMING

Water Safety Message: **ALWAYS CHECK THE WATER
BEFORE SWIMMING**

Watch: **'CADETS VS CHAMPS'**



It's Carnival Day at Kangaroo Beach with two teams competing in lifeguard games. But it's the young cadets versus the lifeguards – how can they possibly win against a stellar team of grown-up champions?

In 'Cadets Vs Champs', the cadets learn the importance of checking conditions before entering the water. They feel the temperature of the water, use a stick to search for submerged hazards, and drop a leaf in the water so gauge how strong the current is.

After viewing the episode, have students answer the following water safety questions and complete the activity sheet.

WATER SAFETY QUESTIONS

Q1: The cadets check the water temperature before swimming. Why is it important that the water isn't too cold?

A1: Chilly water can make swimmers too cold. It may also cause muscle cramps.

Q2: Gemma uses a stick to check for underwater hazards. Why is it important to know what is under the water?

A2: Swimmers can become tangled in underwater hazards like seaweed or hurt themselves on hard objects like rocks.

Q3: Imagine that you have arrived at the beach to swim but there are no lifeguards or lifesavers nearby. What should you do?

A3: It is not safe to swim without a lifeguard or lifesaver supervising. You could play on the sand instead or go to a patrolled swimming beach.

LESSON 5:

UNDERWATER

Water Safety Message: **STAY CALM IN THE WATER**

Watch: **'STAY CALM AND SNORKEL'**

Gemma can't wait to see all the weird and wonderful sea creatures on Snorkelling Day, but her snorkel is getting in the way. Frizzy is being distracting while the cadets learn how to stay calm in the water, but in the end it's Frizzy who teaches Gemma how to relax.

In 'Stay Calm and Snorkel', Gemma panics in the water because she is unaccustomed to breathing through a snorkel. Sandy says that: 'Panic can happen to anyone, even in situations when they're usually fine.' She explains that keeping calm is the most important thing to do in the water.

After viewing the episode, have students answer the following water safety questions and complete the activity sheet.

WATER SAFETY QUESTIONS

Q1: Gemma eventually learns how to stay calm in the water. What are some of Bondi and Sandy's tips for staying calm in the water?

A1: Notice what your feelings are and name them inside your head. Close your eyes and focus on breathing. Remember, it doesn't have to be calm outside for you to be calm inside.

Q2: Why does Sandy send Frizzy to swim with Gemma?

A2: Because people should never swim alone. Always swim with a buddy.

Q3: What are some of your favourite ways to calm yourself down?

A3: Share your strategies with a partner or the class.





LESSON 6:

LIFESAVING

Water Safety Message: **ALERT A LIFEGUARD TO DANGER**

Watch: **'POUNCE ON PATROL'**

When Pounce earns Bondi's lifeguard cap for the day as a reward, it goes to his head – he thinks he IS chief lifeguard! But as he attempts a rescue, he winds up having to be rescued himself. When Gemma and Neville are caught in a whale-made whirlpool, will he leap in to save them, or alert a lifeguard?

In 'Pounce on Patrol', the cadets learn that if someone is in trouble in the water, you should always alert a nearby lifeguard to danger. In real life, surf lifesavers (who wear red and yellow patrol uniforms) also help swimmers in distress. It is not safe to attempt your own rescue – you may end up in trouble too.

After viewing the episode, have students answer the following water safety questions and complete the activity sheet.



WATER SAFETY QUESTIONS

Q1: What should you do if you see someone in trouble in the water?

A1: Alert a nearby lifeguard or lifesaver to the danger. Lifeguards and lifesavers are responsible for keeping people safe at pools and swimming beaches.

Q2: Imagine that you see someone in trouble in the water but there is no lifeguard or lifesaver around to help. What could you do to help?

A2: Share your ideas with a partner or the class. (Safe strategies include shouting to alert other adults to the danger, or throwing something that floats to the struggling swimmer.)

Q3: Pounce tried to rescue Neville from the rip current, rather than asking a lifeguard for help. What advice does Sandy give for anyone caught in a rip?

A3: Sandy says that if you are stuck in a rip, you should stay calm and float on your back. The rip will push you back to the waves.

LESSON 7:

RESCUE

Water Safety Message: **YOU CAN RESCUE A SWIMMER
WITHOUT GOING IN THE WATER**

Watch: **'RESCUE Roo'**



Pounce is literally bouncing with excitement to take part in Rescue Day, an epic, action-packed mock rescue on Boomerang Island. But when he sprains his thumper on the way to training, he's devastated to miss out, stuck back at the club for the day. When a young penguin gets in trouble in the water, Pounce discovers that sometimes the best rescues aren't necessarily epic and action-packed!

In 'Rescue Roo', the cadets learn that sometimes the safest way to perform a rescue is from the water's edge. Throwing something inflatable (like a boogie board or pool noodle) into the water can help a swimmer in distress.

After viewing the episode, have students answer the following water safety questions and complete the activity sheet.

WATER SAFETY QUESTIONS

Q1: Big Trev tells Pounce that you can help rescue someone without going in the water.

How does he rescue the penguin?

A1: He throws a pool noodle to the distressed penguin from the side of the pool.

Sometimes it is safest to help someone from the water's edge.

Q2: When Doug and Debby become caught in a rip near the pier, Pounce throws his inflatable cast to help them. What are some other inflatable things that could be used in a rescue?

A2: Pool noodle, boogie board, swim rings, pool toy, and more.

Q3: Pounce is frustrated because his injury means that he can't join the mock rescue on Boomerang Island. What are some other ways he could have fun on the beach?

What do you enjoy doing at the beach?

A3: Share your ideas with a partner or the class.



LESSON 8:

SURVIVAL SEQUENCE

Water Safety Message: **KNOW YOUR LIMITS AND ASK FOR HELP IF YOU NEED IT**

Watch: **'BRAVE IN THE WAVES'**

When Pounce pretends he's an expert at diving under big waves, his friends ask him to teach them how – and he soon finds himself in trouble.

In 'Brave in the Waves', Gherkin and Pounce both become distressed in the big waves at Kangaroo Beach. Gherkin does not know his abilities and limitations in the water, and Pounce is reluctant to ask for help. They both shout and wave to attract help, then tread water until lifeguard Bondi arrives.

After viewing the episode, have students answer the following water safety questions and complete the activity sheet.

WATER SAFETY QUESTIONS

Q1: What does it mean to 'know your limits' in the water?

A1: 'Knowing your limits' means you understanding what you can and can't do safely by yourself in the water.

Q2: After being rescued by Bondi the lifeguard, Pounce admitted that he isn't confident in the waves – he wasn't telling the truth about his abilities. Why is it important to be honest about your abilities in the water?

A2: It is important to be honest about your strengths and limitations in the water so that supervising adults can help you when needed. Knowing your limits in the water and asking for help when you need it will keep you safe.

Q3: Lifeguards rescue Pounce and Gherkin when they need help. To be sure that lifeguards or lifesavers can help you at the beach, where should you swim?

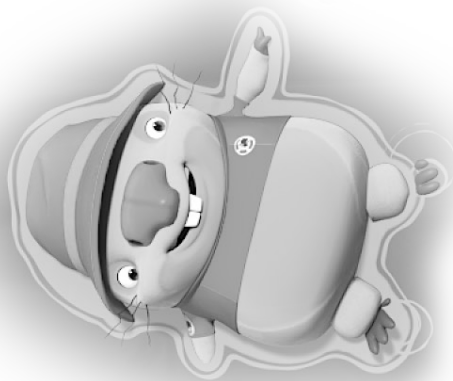
A3: You should always swim between the red and yellow flags. These areas are safest for swimming and they are patrolled by lifeguards and lifesavers.

Name _____

Date _____

Who is your swimming buddy?

Draw or write about the people you swim with.

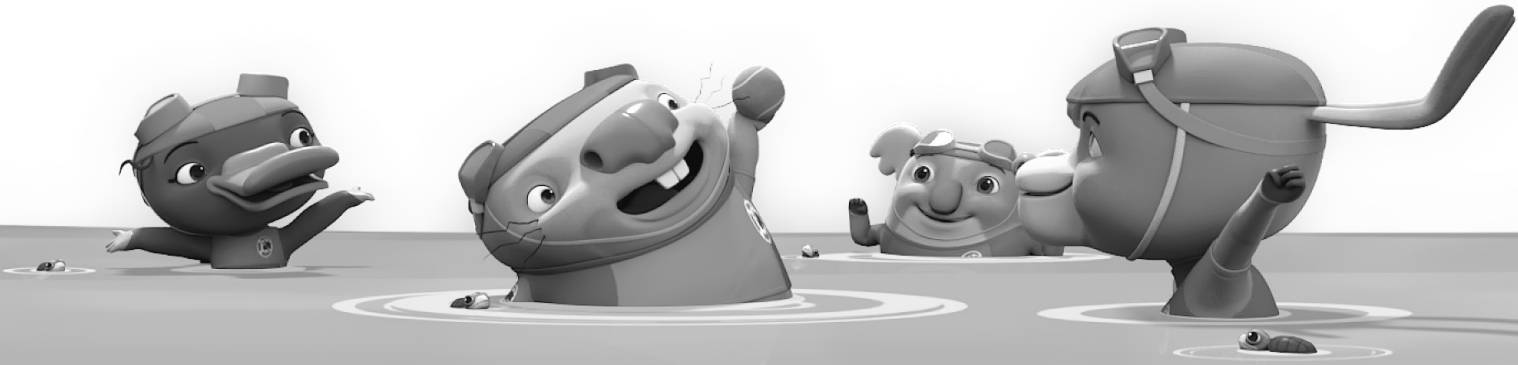


Name _____

Date _____/_____/_____

What's happening under the water?

Draw an underwater scene – with or without hazards!




Name _____

Date _____

Staying safe in a rip.

Draw three ways to keep yourself safe in a rip current.



Name _____

Date _____/_____/_____

What do you love about swimming?

Share your ideas in an acrostic poem.

S

W

i

M

M

i

N

G

Name _____

Date / /

What might Gemma see under the water?

Complete the crossword then draw an underwater scene.

O	K	T	S	A	X	F	E	O	C	Z	Y	D	D	C
D	C	I	U	W	Q	Y	U	D	C	D	E	Y	B	O
O	L	N	N	R	O	Z	S	S	U	L	K	W	P	R
L	O	O	S	A	T	R	Z	X	H	B	A	R	G	A
P	W	J	B	E	N	L	D	U	N	E	J	M	S	L
H	N	M	E	L	A	E	E	F	L	H	L	F	L	S
I	F	V	C	L	U	H	M	D	I	S	W	L	O	T
N	I	O	R	S	L	J	O	O	Q	S	R	S	B	A
M	S	S	A	E	J	Y	F	R	N	Q	H	Q	S	R
M	H	A	B	A	B	F	F	M	S	E	W	U	T	F
Q	J	N	N	W	C	I	J	I	Z	E	G	I	E	I
O	J	D	Y	E	Q	S	N	W	S	X	S	D	R	S
W	H	A	L	E	Q	H	N	V	N	H	U	Y	V	H
J	I	O	Y	D	M	N	S	T	I	N	G	R	A	Y
P	I	Z	O	C	T	O	P	U	S	M	E	W	A	J

ANEMONE

CLAM

CLOWNFISH

CORAL

CRAB

DOLPHIN

FISH

JELLYFISH

LOBSTER

OCTOPUS

SAND

SEAHORSE

SEAWEED

SHELL

STARFISH

STINGRAY

SWORDFISH

SQUID

TURTLE

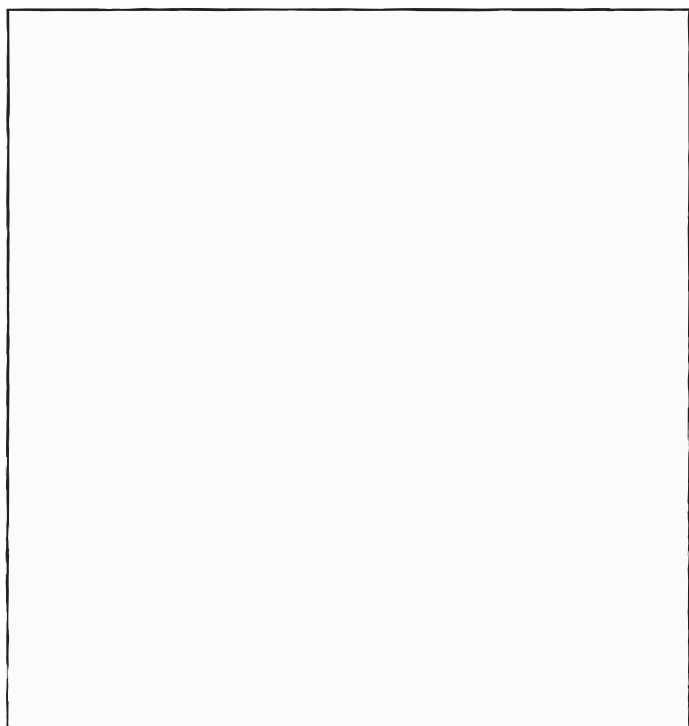

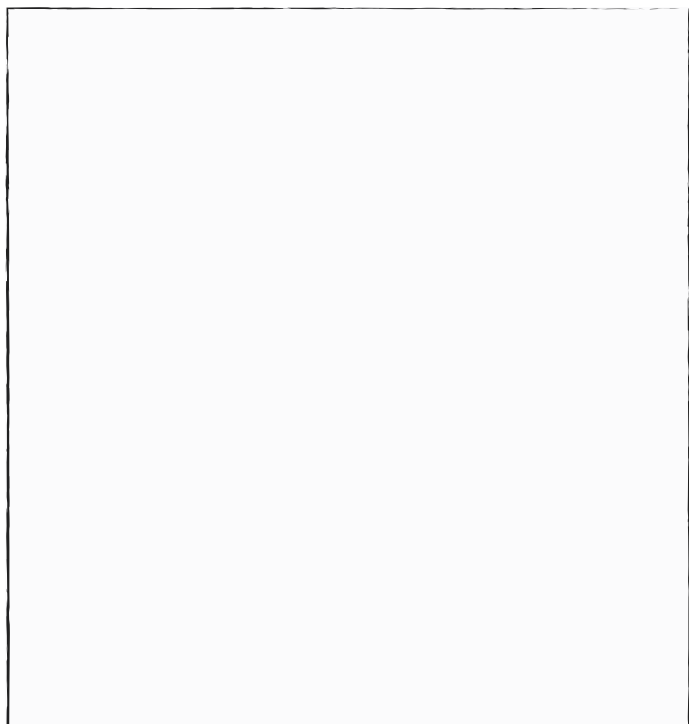
WHALE

Name _____

Date _____/_____/_____

Swimmer in distress!

Draw three safe ways to help Neville.

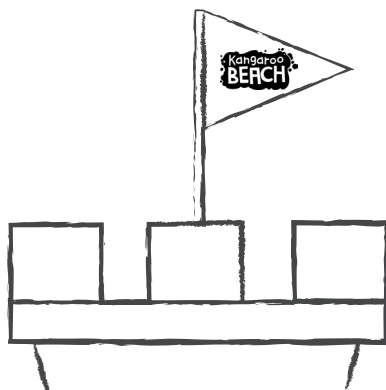


Name _____

Date _____

Fun at the beach – in or out of the water.

Design and colour an epic sandcastle.

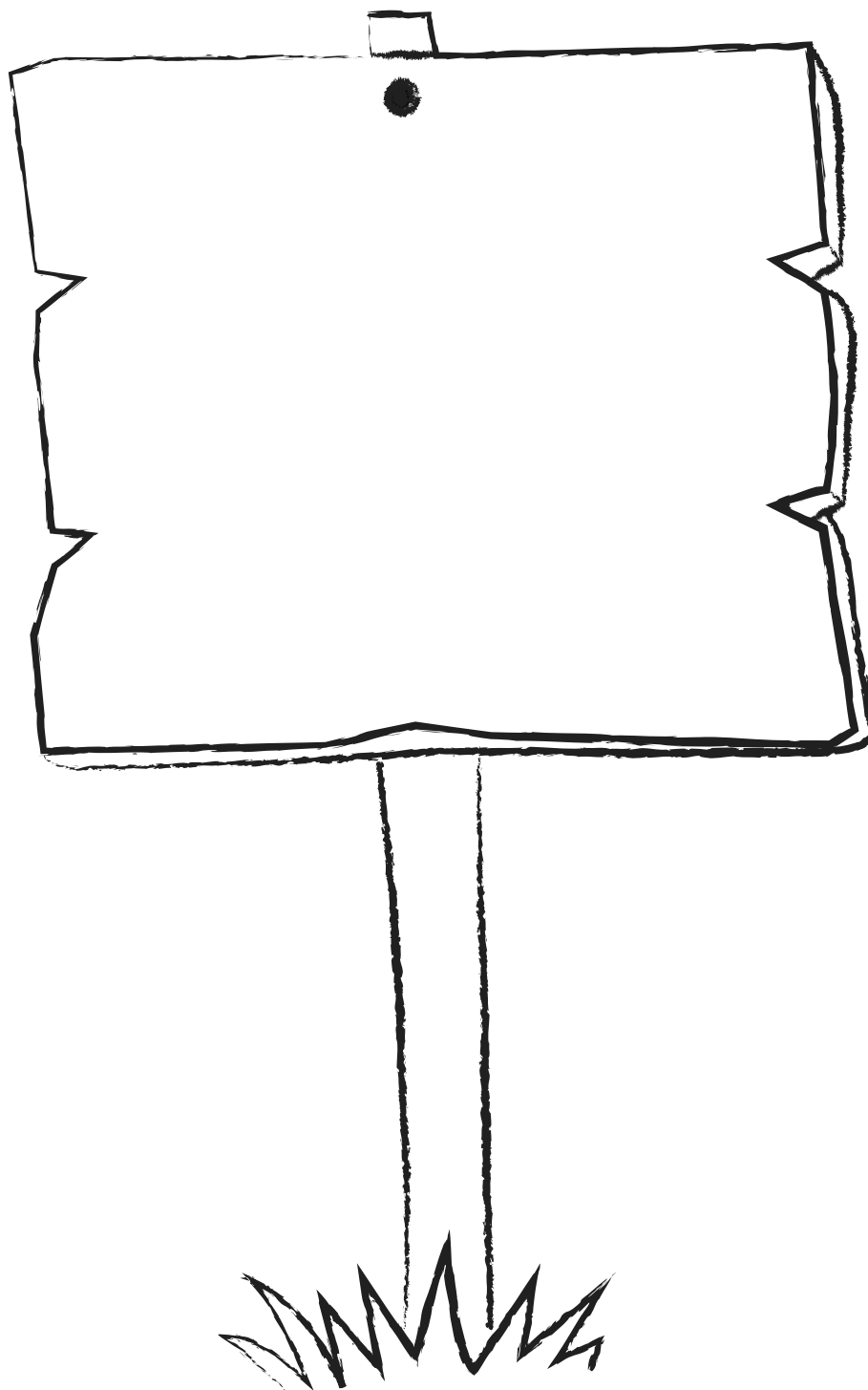


Name _____

Date _____/_____/_____

What do you know about water safety?

Share a water safety tip on this beach sign.

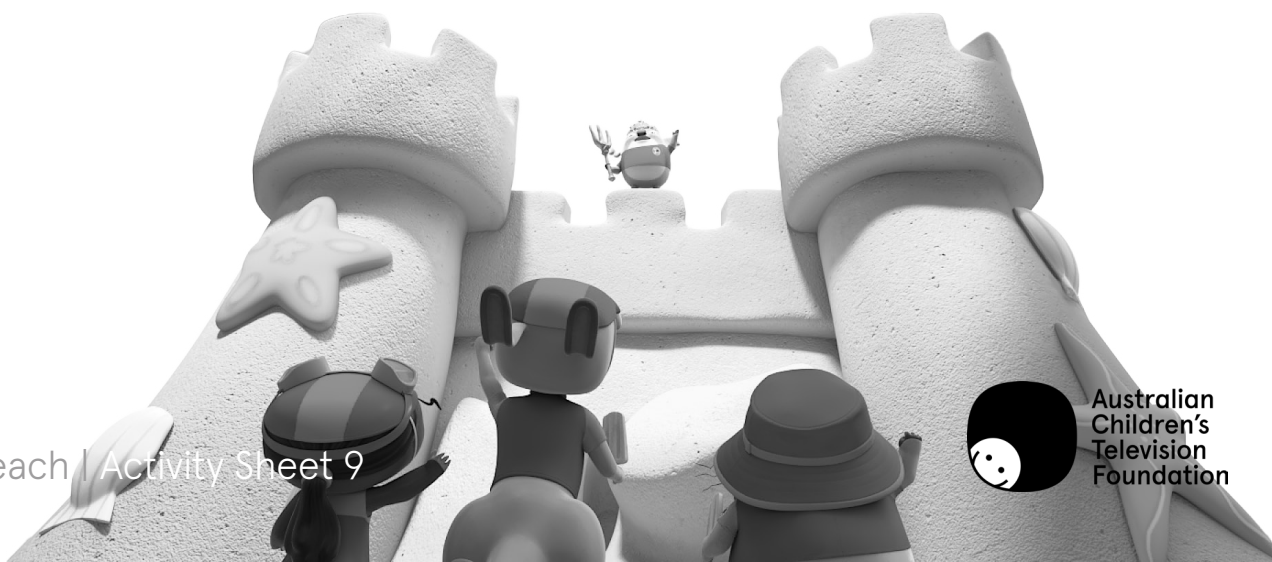
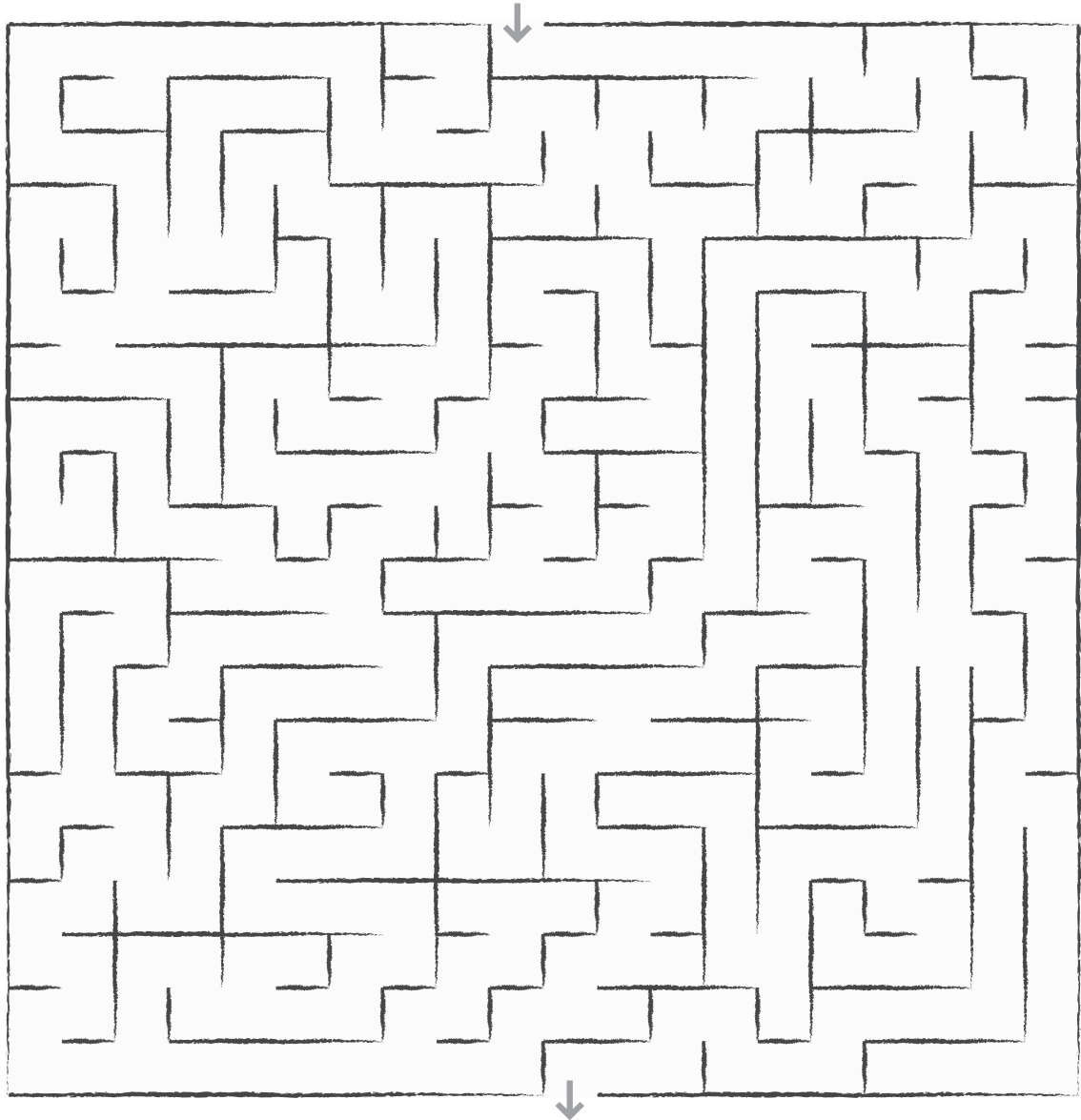


Name _____

Date ____/____/____

Help Frizzy find her treasure.

Follow the maze to lead Frizzy to the underwater treasure.

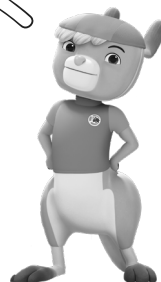
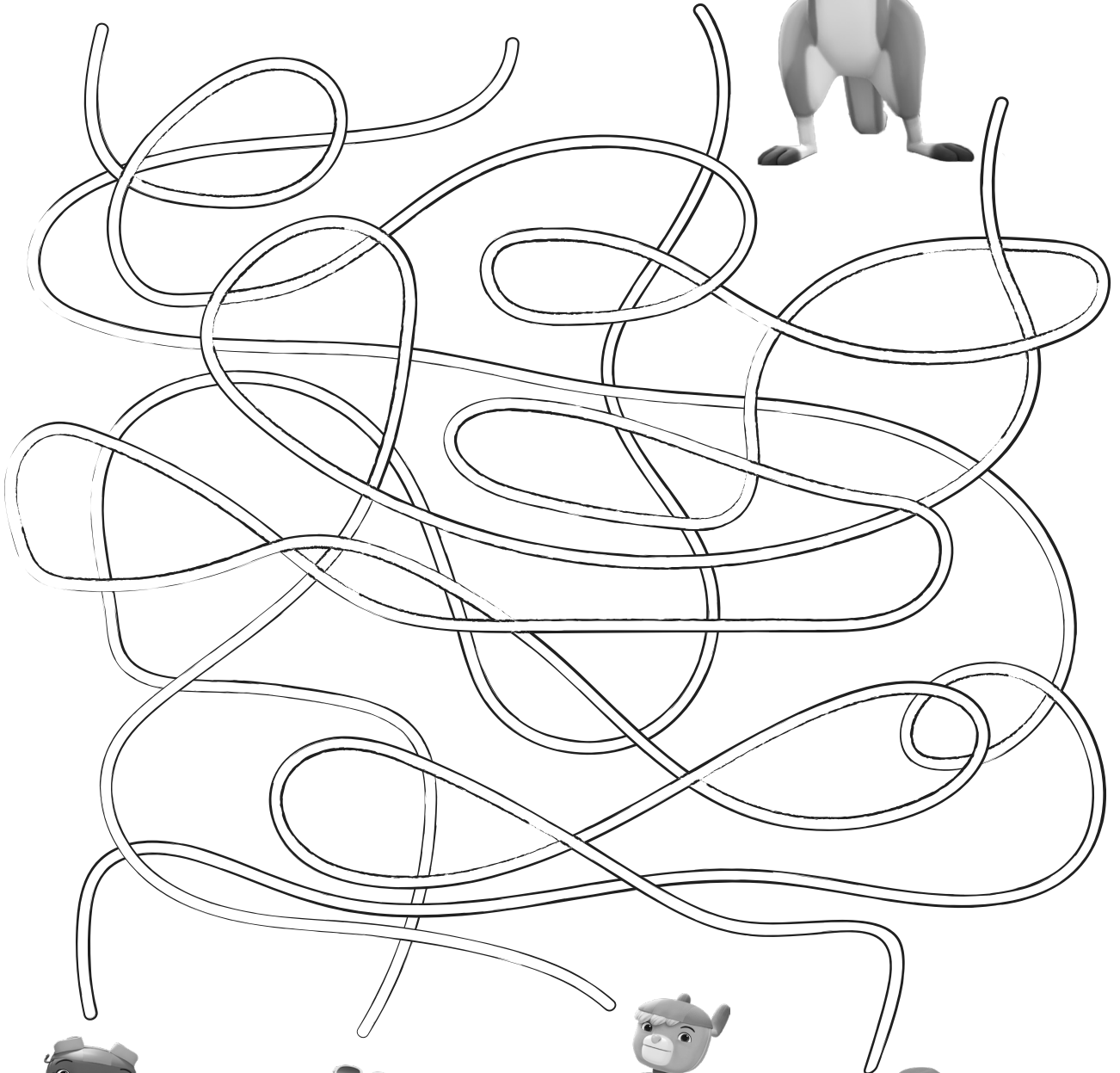
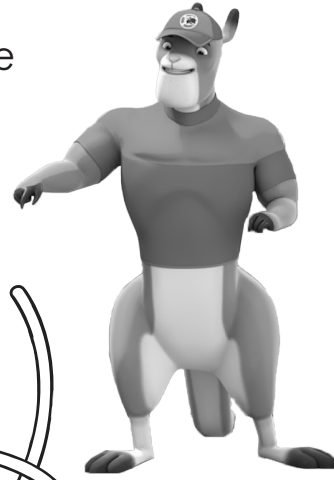


Name _____

Date _____

Pounce to the rescue!

Which path should lifeguard Bondi take to rescue Pounce the kangaroo?



Solutions:

What might Gemma see under the water?

O	K	T	S	A	X	F	E	O	C	Z	Y	D	D	C
D	C	I	U	W	Q	Y	U	D	C	D	E	Y	B	O
O	L	N	N	R	O	Z	S	S	U	L	K	W	P	R
L	O	O	S	A	T	R	Z	X	H	B	A	R	G	A
P	W	J	B	E	N	L	D	U	N	E	J	M	S	L
H	N	M	E	L	A	E	E	F	L	H	L	F	L	S
I	F	V	C	L	I	H	M	D	I	S	W	L	O	T
N	I	O	R	S	L	J	O	O	Q	S	R	S	B	A
M	S	S	A	E	J	Y	F	R	N	Q	H	Q	S	R
M	H	A	B	A	B	F	F	M	S	E	W	U	T	F
Q	J	N	N	W	C	I	J	I	Z	E	G	I	E	I
O	J	D	Y	E	Q	S	N	W	S	X	S	D	R	S
W	H	A	L	E	Q	H	N	V	N	H	U	Y	V	H
J	I	O	Y	D	M	N	S	T	I	N	G	R	A	Y
P	I	Z	O	C	T	O	P	U	S	M	E	W	A	J

ANEMONE	DOLPHIN	SAND	STINGRAY
CLAM	FISH	SEA HORSE	SWORDFISH
CLOWNFISH	JELLYFISH	SEAWEED	SQUID
CORAL	LOBSTER	SHELL	TURTLE
CRAB	OCTOPUS	STARFISH	WHALE

Australian

Activity Sheet 5

Help Frizzy find her treasure.
Follow the maze to lead Frizzy to the underwater treasure.

Australian

Activity Sheet 9

Pounce to the rescue!
Which path should lifeguard Bondi take to rescue Pounce the kangaroo?

Australian

Activity Sheet 10

AUSTRALIAN CURRICULUM LINKS

	Foundation	Year 1 & 2
Health and Physical Education	<p>Demonstrate protective behaviours, name body parts and rehearse help-seeking strategies that help keep them safe (AC9HPFP05)</p> <p>Identify health symbols, messages and strategies in their community that support their health and safety (AC9HPFP06)</p> <p>Participate in a range of activities in natural and outdoor settings and explore the benefits of being physically active (AC9HPFM03)</p>	<p>Identify and demonstrate protective behaviours and help-seeking strategies they can use to help them and others stay safe (AC9HP2P05)</p> <p>Investigate a range of health messages and practices in their community and discuss their purposes (AC9HP2P06)</p> <p>Participate in a range of physical activities in natural and outdoor settings, and investigate factors and settings that make physical activity enjoyable (AC9HP2M03)</p>
Media Arts	<p>Explore how and why the arts are important for people and communities (AC9AMAFE01)</p>	<p>Explore where, why and how people across cultures, communities and/or other contexts experience media arts (AC9AMA2E01)</p>
Personal and Social Capability	<p>Community awareness: Describe the ways they are connected, and can contribute to their community groups</p> <p>Communication: Develop positive communication skills by initiating, joining or contributing to conversations</p> <p>Decision-making: Identify choices that meet the needs of themselves and others when making decisions</p>	<p>Community awareness: Describe how they contribute to their communities and how others care for and assist them</p> <p>Communication: Use a range of skills to enhance verbal and non-verbal communication</p> <p>Decision-making: Practise individual and group decision-making</p>

ADDITIONAL RESOURCES

ACTF SHOP:

<https://actf.com.au/shop>

Download the Kangaroo Beach series or special.

LIFE SAVING VICTORIA - SCHOOL SWIMMING AND WATER SAFETY TOOLKIT:

<https://lsv.com.au/toolkit/>

Guidance, resources and activities to teach water safety in the classroom or at home.

NATIONAL SWIMMING AND WATER SAFETY FRAMEWORK:

<https://www.royallifesaving.com.au/educate-participate/swimming/national-swimming-and-water-safety-framework>

Access Royal Life Saving Australia's complete framework and additional resources.

KANGAROO BEACH WEBSITE:

<https://www.kangaroobeach.tv/>

Find activity sheets and short video clips related to the series.

SURF LIFE SAVING AUSTRALIA - SURF SAFETY:

<https://beachsafe.org.au/surf-safety>

Expert guidance for staying safe at the beach.

ACKNOWLEDGEMENTS

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