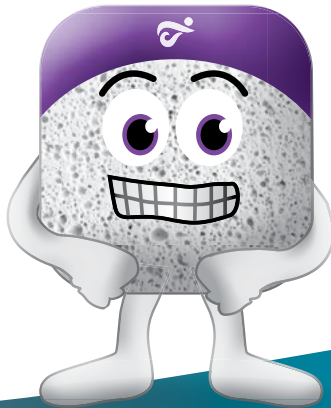


**BEACH**  
WATER SKILLS FOR LIFE

# HYPOTHERMIA



**8 LESSONS**

**LEVEL 3**



SUPPORTED BY



He Kaupare. He Manaaak  
He Whakaora.  
prevention. care. recovery



# HYPOTHERMIA

## DESCRIPTION

The effect of cold water around the body is an important part of water safety knowledge. This module looks at the different stages of hypothermia on the body, who is most at risk, how to reduce the effects on the body as well as what steps to take when you recognise the signs that someone is suffering symptoms associated with hypothermia.

## ACHIEVEMENT OBJECTIVES

### Personal Health and Physical Development

**Safety and Risk Management:** Students will identify risk and their causes and describe safe practice to manage these.

### Movement Concepts and Motor Skills

**Science and Technology:** Students will participate in and describe how their body responds to regular and vigorous physical activity in a range of environments. ie Hypothermia.

### Healthy Communities and Environment

**Rights, responsibilities, and law:** Students will research and describe current health and safety guidelines and practices in their school and take action to enhance their effectiveness. (ie water safety rules, how to recognise a rip or hypothermia).

## LEARNING INTENTIONS:

### The student is learning

- What hypothermia is, and to recognise the signs and symptoms
- How to treat hypothermia
- To recognise when someone or themselves are in trouble in, on or around water

## KEY COMPETENCIES

### Participating and Contributing:

- Gaining understanding, being actively involved, and contributing within a group

### Managing Self:

- Take responsibility for own learning
- Manage time effectively to complete inquiry learning process

### Thinking:

- Recognise when someone or themselves are in trouble in, on or around the water
- Know how to recognise hypothermia and how to treat it

### Using language, text and symbols:

- Create either a report, poster, powerpoint on how to recognise and treat hypothermia

### Relating to others:

- Ask questions and seek help when needed with teacher and peer
- Recognise when someone or themselves are in trouble in, on or around the water

## RESOURCES

- Internet
- Mind map app
- Resources to present learning to class ie: poster paper, felts, pens, powerpoint etc (this will vary according to how the student wishes to present their answers)

## ASSESSMENT ACTIVITIES

- Presentation to the class
- Whole class discussion (Lesson 8)

## LESSON

## 1

**Inquiry Question:**

What is hypothermia, what are the signs and symptoms and how do we treat it?

**Whole class discussion on Hypothermia**

Create a Mind map either using an online app or the white board and list all the things we know about hypothermia, signs, symptoms, and treatment.

**Students write** a list of questions that might help them to answer the inquiry question.

**Students answer** the following questions:

- What do I know about Hypothermia?
- How do I know this?
- What experiences do I have with Hypothermia?
- What do I want to know?
- What ideas am I interested in?
- How can I prevent the onset of Hypothermia?
- How do wetsuits work to prevent the onset of Hypothermia?



# 2 to 4

## Researching and locating relevant information:

**Students research** information related to their inquiry question.

They need to decide where to find information, what resources they can use, and what keywords could they use in their searches.

More questions may arise which students can research as well.

Students need to record and or print information found and note where this information was found.

Once their research is completed the student will sort their information into relevant and non-relevant information for their inquiry question.

The students will analyse, clarify, review, and make meaning from their question. Students may answer the following questions to help them:

- How can I sort the information I have found?
- What information helps answer my questions?
- Do I need to find out more information to answer the question?
- What are my questions now?
- How have they changed?
- What changes do I need to make to my inquiry?

Students organise their relevant information for their presentation.



## LESSON

# 5 to 7

## Create Presentation of their inquiry learning and present this information to the class

Before creating the presentation, the student asks themselves the following:

- What information will I share?
- How will I present and share this information?
- Have I answered all the questions to answer my inquiry?

Students create their presentation and present this to the class.

## MODULE

# 4

## LEVEL 3



## LESSON

# 8

## Wrap up of learning:

**Whole class discussion** with teacher about what they now know about hypothermia, the signs, symptoms and how to treat hypothermia.

**Create** a mind map showing all of things they now know about the inquiry question. Discuss what they learned, and what they still wish to learn about this topic.