



NEW SOUTH WALES

FLAGS UP - FLAGS DOWN

Let's play a game! In this game we will learn that we can only swim when the flags are up as this means that Lifesavers are there to watch us and help us if get into trouble.

1. Place a large blanket or rug on the floor (or designate a specific space for this) - this will be the sand where children can sit down.
2. Ask all children to sit on the rug or in the designated space.
3. Explain to the children that this is the sand and outside of this is the water at the beach. Show the children some red and yellow flags (or create your own red and yellow flags by colouring some A4 paper half yellow and half red) and tell them that these are the flags we need to swim between to stay safe.
4. Explain to the children that when you put the flags up all the children must get up off the sand and they can swim in the water (making swimming movements). When you put the fags down and say "the beach is now closed" the children must hurry to get out of the water and sit on the sand.
5. Now it's time to play FLAGS UP - FLAGS DOWN!

Options:

- The last child on the sand is "out"
- Play some music while they are "swimming"
- They have to the count of three after flags go down and anyone not on the rug is out
- You don't yell FLAGS DOWN so they have to watch closely as they swim

