

# Surf Lifeguard Award Instructor Resource

## Instructors Toolbox



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# How to use this toolbox

Use the individual activities to assist with teaching various topics or content areas.



**Activity Instructions**



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# Back and Forth

## Instructions:

- Break into pairs.
- The first person in the pair explains a topic to the other.
- The other person in the pair writes down the explanation.
- Swap roles.

## Use this activity:

- After introducing a new topic.
- As a review for upcoming assessment.
- After introducing new vocabulary.

# 5-3-1

## Instructions:

- Individually brainstorm five possible answers on a specific topic. The instructor is to deliver the topic.
- Work in pairs to come share their lists and decide on the three best answers or ideas from both lists.
- Join with another pair to choose the best or most significant point.

## Use this activity:

- Before introducing a new topic to assess prior knowledge.
- After reading to begin discussion.
- To assist in determining the main ideas of text and media.

# Four corners

## Instructions:

- Read a problem or a statement to the group. Ask them to think about their answer.
- Tell the group which corner of the room corresponds to which answer. Have them move to the corner that corresponds to their answer.
- Discuss as a group their opinions.

## Use this activity:

- Before introducing a new topic to assess prior knowledge.
- After reading to begin discussion.
- When the class needs movement.

# Inside/outside circles

## Instructions:

- Split the class into two – with half forming the inside circle and the other half forming the outside circle.
- Ask a question or say a statement to the class.
- Have learners in the inside circle share their opinions or response with the opposite person in the outside circle.

## Use this activity:

- Before introducing a new topic to begin discussion or highlight key issues.
- During a session to process important concepts.
- After reading to discuss key concepts.
- Before assessment to review information.

# Stop and Jot

## Instructions:

- Ask learners to draw a rectangle on the page. This will be called the 'Stop box'.
- During or at the end of the session, ask an important question for learner to respond to in their stop box.
- Discuss responses.

## Use this activity:

- Before introducing a new topic to assess prior knowledge.
- During a session to allow learners to make sense of a concept.
- During a lesson as a check for understanding.
- After a lesson to summaries and check understanding.

# Learner response cards

## Instructions:

- Create a set of learner response card. The learner response cards should have answer choices on them – e.g. A, B, C, D.
- Ask a question to the group.
- Get learners to hold up the learner response card with their answer.
- Scan the room to see learner answers and understanding.

## Use this activity:

- Periodically through a session to keep learners engaged.
- When reviewing concepts.
- At the beginning of a session to gauge prior knowledge.
- After a lesson to check for overall understanding of important concepts.



# Triangle, square, circle

## Instructions:

### Triangle

- Draw a triangle and next to it write three important points from the learning/topic.

### Square

- Draw a square and write down anything that “squares with their thinking”.

### Circle

- Draw a circle and get learners to write down anything that is still circling in their head (e.g. questions).

## Use this activity:

- As a closing activity to gauge understanding.
- As a review before assessment.

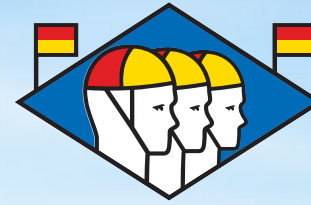
# Whiteboard wipe-out

## Instructions:

- Hand out pieces of paper to each learner.
- Ask learners a question regarding the material in a session. Multiple choice, true/false or open-ended.
- Have learners write their answer on the paper or the whiteboard and hold it up when they are done.
- Review answers.

## Use this activity:

- During the session to ensure learners are following along.
- As a closing activity to review the session.
- As a review game for an upcoming examination.



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