



**SURF LIFE SAVING**<sup>®</sup>  
NEW ZEALAND



## **Surf Lifeguard Award**

# **Instructor Lesson Plan Communicate – Non Verbal**

Updated: September 2023

*In it for life*



## **Lesson plan notes**

These lesson plans and activities are a guide only. You do not have to stick to these plans or these activities.

You may run the sessions in full or break them down into smaller sessions to suit your set up. You may add, substitute or take activities out as required. These are intended to guide your session to appeal to many learner preferences and provide a positive learner environment.

We encourage your creativity – create new activities, try new things and let us know your thoughts and ideas.

Sharing of ideas and resources is encouraged so all members of Surf Lifesaving New Zealand can benefit from your creativity, knowledge and skills in the instruction space.



<b>Lesson plan</b>	<b>Effective communication</b>	
<b>Manual section</b>	<b>Non-verbal communication</b>	
<b>Learning objectives</b>	<p><b>At the conclusion of this lesson, learners will be able to:</b></p> <ol style="list-style-type: none"> <li>1. Explain non-verbal communication and the part it plays in effective communication.</li> <li>2. Identify forms of non-verbal communication.</li> <li>3. Use signals to communicate non-verbally.</li> <li><b>4. Use signs and flags to communicate non-verbally.</b></li> </ol>	
<b>Online learning</b>	<p><b>Online learning covers:</b></p> <ul style="list-style-type: none"> <li>• What communication is made up of.</li> <li>• Forms of non-verbal communication.</li> <li>• Use of uniform as a non-verbal communication.</li> <li>• Signals – land to sea.</li> <li>• Signals – sea to land.</li> <li>• Signs and flags.</li> </ul>	
<b>Resources required</b>	<ul style="list-style-type: none"> <li>• <a href="#">Snack Attack - YouTube</a></li> <li>• Surf Lifeguard Award – Non-verbal communication PowerPoint</li> <li>• Signals match up</li> <li>• Signs and flags match up</li> </ul>	
<b>Total lesson time</b>	<b>70 minutes</b>	
<b>Duration</b>	<b>Activity</b>	<b>Additional resources</b>
5 minutes	<p><b>Introduction</b></p> <p>Introduce the lesson to learners. Discuss with learners the focus on this lesson and how the session will run.</p>	
15 minutes	<p><b>Whakawhanungatanga and non-verbal communication</b></p> <p>Play the Snack Attack video. In small groups, have learners discuss:</p> <ol style="list-style-type: none"> <li>1. How important non-verbal communication was in getting the message across in this video?</li> <li>2. What forms of non-verbal communication were used in this video?</li> <li>3. What emotions were able to be identified as a result of the non-verbal communication in this video?</li> </ol>	<ul style="list-style-type: none"> <li>• <a href="#">Snack Attack - YouTube</a></li> </ul>
15 minutes	<b>Knowledge acquisition</b>	<ul style="list-style-type: none"> <li>• Surf Lifeguard Award – Non-verbal communication PowerPoint</li> </ul>



	<p>Take learners through the PowerPoint covering vital information in slides 3-4 on forms of non-verbal communication.</p> <p>Allow learners to ask questions as required throughout the lesson.</p>	
20 minutes	<p><b>Knowledge acquisition</b> Take learners through the PowerPoint covering vital information in slides 6-8 on uniform and signals.</p> <p>Allow learners to ask questions as required throughout the lesson.</p> <p><b>Signals activity</b> Using the signals match up activity have learners match the correct signal with the correct meaning. This could be done in groups, pairs or as individuals.</p>	<ul style="list-style-type: none"><li>• Signals match up</li></ul>
10 minutes	<p><b>Knowledge acquisition</b> Take learners through the PowerPoint covering vital information in slides 6-8 on uniform and signals.</p> <p>Allow learners to ask questions as required throughout the lesson.</p> <p><b>Signs and flags match up</b> Using the signs and flags match up activity have learners match the correct sign or flag to the correct description. This could be done in groups, pairs or as individuals.</p>	<ul style="list-style-type: none"><li>• Signs and flags match up</li></ul>
5 minutes	<p><b>Conclusion</b> Summarise with learners the learning from the session. Ensure you inform learners of the next session and pre-learning that is required to be completed prior to attending. Allow learners time to ask any questions they may have.</p>	