



# THROW BAGS

This works well for a small and active group. The lesson is to encourage them to help their friends who get into trouble in the water without putting themselves in danger. Ask them what they should do if they see a friend struggling in the water. Discuss ways to help save lives while staying safe.

They can throw something that floats. They can throw something attached to a rope and then pull the person to shore. As examples, have a coke bottle attached to a length of rope, as well as a shopping bag with a piece of rope tied on to one of the handles. It is cheap and easy to make up a couple of these. Show them how to “lay” the rope into the packet and remind them to hold the end. We call it the “bitter end”. Demonstrate how to throw underhand, and tell them to aim for the person’s head. Show them how to put the rope back in the packet quickly and efficiently, so you can throw again.

Now get them in teams and have a throw bag competition.