Cycle Three Health

Content Area: **Physical Education and Health**
Course(s): **Phys Ed 6**
Time Period: **March**
Length: **4 Weeks**
Status: **Published**

Transfer

Personal Safety

Enduring Understandings

By acquiring health skills and learning about personal safety we are able to decrease our chance of harm or loss.

When understanding the causes of home disasters, we will be well equipped to prevent and/or respond to them in emergency situations.

Essential Questions

What is harm or loss and how can it be prevented?

How can we prevent unnecessary fires both in our homes and our environment?

How can we learn about and prepare for weather emergencies?

Why is it beneficial to know basic first aid and/or steps to take in an emergency?

Content

Harm, Loss, Accident, Emergency, Safety, Risks, Exit Plans, Protective Factors, Self-Defense, Assertive, Bullying, Harassment, Due DIlligence, Internet Safety

Learning Objectives

Discuss the steps in the accident chain and determine how to break the cycle to prevent accidents.

Compare and contrast personal safety in a variety of different public places such as school, mall, sporting event, or concert.

Determine risk factors for a fire and how to minimize home risk

Design a home exit plan with meeting place and multiply exits per room so that prepared for an emergency

Assess what steps need to be taken in order for home exit plan to be effective (purchase fire ladder, fire extinguisher)

Analyze types of weather emergencies and determine the impact they may have

Determine where the safest place would be in a variety of different weather emergencies

Assess basic first aid necessity during minor injuries and illness

Resources

Teen Health 1, Glencoe/McGraw-Hill

Red Cross Fire Safety

Red Cross First Aid Steps

National Weather Service Safety Tips

Internet Safety

Assessments

Written Tests
Formative: Test: Written
Formative: Transfer Tasks: Teacher Observation and Class Discussion
Formative: Transfer Tasks: Oral: Discussion
Summative: Test; Written
Summative: Test; Project-based

Students will cpmplete a Weather Emergencies Project

Students will create a School Safety Manual

Standards

HPE.2.1.6.D.1	Summarize the common causes of intentional and unintentional injuries in adolescents and related prevention strategies.
HPE.2.1.6.D.2	Explain what to do if abuse is suspected or occurs.
HPE.2.1.6.D.3	Summarize the components of the traffic safety system and explain how people contribute to making the system effective.
HPE.2.1.6.D.4	Assess when to use basic first-aid procedures.
HPE.2.1.6.E.1	Examine how personal assets and protective factors support healthy social and emotional development.
HPE.2.1.6.E.2	Make recommendations to resolve incidences of school and community conflict, violence, harassment, gang violence, discrimination, and bullying.
HPE.2.1.6.E.3	Compare and contrast ways that individuals, families, and communities cope with change, crisis, rejection, loss, and separation.