Cycle Three Health

Content Area: **Physical Education and Health**
Course(s): **Phys Ed 7**
Time Period: **March**
Length: **4 Weeks**
Status: **Published**

Transfer

First Aid and Safety

Enduring Understandings

By acquiring health information about first aid we will gain the necessary skills to respond in an emergency situation.

By understanding the causes and frequency of accidents we will be empowered to make smarter decisions to maintain our own wellness and safety.

By understanding that everyone has their own “baggage,” it will help us show empathy for our peers that might be experiencing pain below their “water line.”

Essential Questions

What is harm or loss and how can we prevent it?

What influences do our friends and family have on our well being?

Why is immediate response to an emergency so important for a person’s chance of survival during a life-threatening emergency situation?

How can one determine that an emergency is occurring?

Why is it beneficial to know basic first aid?

Why is it important to show empathy and put yourself in someone else's shoes in certain situations?

What are some warning signs to look for if you think a friend might be in trouble or suicidal?

Content

CPR, rescue breathing, abrasion, contusion, laceration, puncture, avulsion, shock, Mental Health

Learning Objectives

Investigate causes of intentional and unintentional injuries in the United States.

Determine factors that could increase or decrease one's chance of harm.

Compare and contrast ways to protect oneself from disease/harm while providing care to an injured individual.

List steps necessary to perform rescue breathing and CPR.

Demonstrate ABC's of first aid and steps for rescue breathing.

Discuss when to call for care first and when to provide care first in emergency situations.

Understand and verbalize when a situation is considered to be life threatening and what necessary steps should be taken immediately to increase victim's chance of survival

Understand the importance of mental and emotional health.

Analyze the warning signs that a friend might be going through a tough situation.

Identify trusted adults that you can turn to if a friend is in trouble.

Resources

Teen Health 2, Glencoe/McGraw-Hill

Community First Aid and Safety, American Red Cross

First Aid Kits

Emergency & First Aid Guides

Kids Health

Life. Live it.

Injury Free Coalition

Mayo Clinic First Aid

First Aid Kits For All Occasions

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

CPR Test using compressions and breathing techniques

Create a 9-1-1 Episode

Studetns will create a First-Aid Handbook or Poster

- Where Do I begin?
- Template Model

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.2.1.8.D.1	Assess the degree of risk in a variety of situations and identify strategies to reduce intentional and unintentional injuries to self and others.
HPE.2.1.8.D.2	Describe effective personal protection strategies used in public places and what to do when one's safety is compromised.
HPE.2.1.8.D.3	Analyze the causes and the consequences of noncompliance with the traffic safety system.
HPE.2.1.8.D.4	Demonstrate first-aid procedures, including victim and situation assessment, Basic Life Support, and the care of head trauma, bleeding and wounds, burns, fractures, shock, and poisoning.
HPE.2.1.8.D.CS1	Evaluating the potential for injury prior to engaging in unhealthy/risky behaviors impacts choices.
HPE.2.1.8.D.CS2	Applying first-aid procedures can minimize injury and save lives.
HPE.2.2.8.E.2	Compare and contrast situations that require support from trusted adults or health professionals.
HPE.2.2.8.E.CS2	Communicating health needs to trusted adults and professionals assists in the prevention, early detection, and treatment of health problems.