

# Health Unit 1 Wellness and Safety

Content Area: **Physical Education and Health**  
Course(s): **Painting, Physical Education/Health**  
Time Period: **November**  
Length: **3 weeks**  
Status: **Published**

## **Enduring Understandings**

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Making wise decisions can help you stay safe when situations present multiple outcomes such as, but not limited to: indoor, outdoor safety, bicycle safety, stranger danger, environmental/weather changes.

Safety rules are given to us for very important reasons and should be followed to avoid potentially unsafe situations

## **Essential Questions**

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How can decision making affect the outcome of safety situations (indoor, outdoor safety, bicycle safety, stranger danger, environmental/weather changes) when I make the safe choice vs. an unsafe choice

What would society look like if there were no safety laws?

What do I do if a friend is not following safety rules?

## **Skills**

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Demonstrate understanding of how decision making directly affects students' life.

Identify how to make a decision based on safety in various situations.

Identify how to assess a situation to see if it is safe or not.

## Standards

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|---------------|--|
| HPE.2.1.2     | All students will acquire health promotion concepts and skills to support a healthy, active lifestyle.                                       |
| HPE.2.1.2.D   | Safety   |
| HPE.2.1.2.D.1 | Identify ways to prevent injuries at home, school, and in the community (e.g., fire safety, poison safety, accident prevention).             |
| HPE.2.1.2.D.2 | Differentiate among the characteristics of strangers, acquaintances, and trusted adults and describe safe and appropriate behaviors/touches. |
| HPE.2.1.2.D.3 | Identify procedures associated with pedestrian, bicycle, and traffic safety.   |

## Assessments

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Formative: Other Evidence:Other: Teacher Observation

Safety Quiz

Summative: Transfer Tasks:Other: Quiz