Health Unit 1 Wellness Safety and First Aid

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

Enduring Understandings

Understanding how to prevent injury when playing games and sports is important to ensure safety.

Different safety equipment is needed for different activities.

Indoor and outdoor safety are equally important.

Evaluate the situation to determine if it is safe for you to administer first aid.

An emergency requires adult supervision.

Essential Questions

Why is it necessary to wear safety equipment?

What kind of injuries can be sustained and where, if I do not wear safety equipment?

What are situations in which indoor safety and outdoor safety are important?

What would make a situation unsafe for me to administer first aid in?

How can I create a safety plan so that I am prepared for unexpected situations?

Skills

Examine the impact of unsafe behaviors when traveling in vehicles, as a pedestrian, and when using other modes of transportation.

Identify potential injuries that can be sustained from a lack of safety equipment.

Understand situations both indoors and outdoors that can be safety hazards/cause injury.

Identity steps to basic first aid.

Role-play scenarios and implementation of safety and first aid.

Demonstrate simple first-aid procedures for choking, bleeding, burns, and poisoning.

Standards

HPE.2.1.4	All students will acquire health promotion concepts and skills to support a healthy, active lifestyle.
HPE.2.1.4.D	Safety
HPE.2.1.4.D.1	Determine the characteristics of safe and unsafe situations and develop strategies to reduce the risk of injuries at home, school, and in the community (e.g., fire safety, poison safety, accident prevention).
HPE.2.1.4.D.3	Examine the impact of unsafe behaviors when traveling in vehicles, as a pedestrian, and when using other modes of transportation.

HPE.2.1.4.D.4 Demonstrate simple first-aid procedures for choking, bleeding, burns, and poisoning.

Assessments

Formative: Other Evidence:Oral: Discussion

Summative: Transfer Tasks:Other: Quiz

Safety Quiz