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

Identifying unsafe situations and choosing appropriate ways to reduce or eliminate risks contributes to the safety of self and others.

When walking, bicycling, riding in a car, or bus it is very important to remember to be safe.

Having knowledge of first-aid procedures can minimize injury and help save a life.

When administering first aid, it is vital that universal precautions are used.

Essential Questions

How can identifying unsafe situations to help myself or someone else?

What are some safety rules to remember while traveling?

Why is it important to be able to administer first aid?

What is the term used when referring to steps that need to be taken before giving first aid and why?

Skills

Describe the characteristics of strangers, acquaintances, and trusted adults and demonstrate safe and appropriate ways to deal with each.

Describe the characteristics of safe and unsafe situations and develop strategies to reduce the risk of injuries at home, school, and community.

Describe and demonstrate simple first aid procedures, including the assessment of choking and breathing, the control of bleeding, and the care of minor wounds and burns.

Demonstrate proper techniques when giving First Aid.

Identify materials that should be included in a first aid kit.

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:Other: Teacher Observation
Safety Quiz
Summative: Transfer Tasks: Other: Quiz
Group project using safety rules

Summative: Transfer Tasks:Project: Visual Arts, Design a First Aid kit