Health Unit 1 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.

Traffic laws are not only for cars, but for bicycles and pedestrians.

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

Analyze the short- and long-term impacts of injuries on individuals and families and develop strategies to reduce the incidence of such injuries.

Compare and contrast the incidence and characteristics of unintentional injuries in adolescents.

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 emergency procedures and 911 calls.

Standards

HPE.2.1.6	All students will acquire health promotion concepts and skills to support a healthy, active lifestyle.
HPE.2.1.6.D	Safety
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.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.2.2.6	All students will develop and use personal and interpersonal skills to support a healthy, active lifestyle.
HPE.2.2.6.A	Interpersonal Communication
HPE.2.2.6.A.1	Demonstrate verbal and nonverbal interpersonal communication in various settings that impact the health of oneself and others.
HPE.2.2.6.B	Decision-Making and Goal Setting
HPE.2.2.6.B.1	Use effective decision-making strategies.
HPE.2.2.6.B.2	Predict how the outcome(s) of a health-related decision may differ if an alternative

decision is made by self or others.

Assessments

Formative: Other Evidence:Oral: Discussion
Safety Rules Quiz Safety Poster
Other: Quiz