06 Defensive Driving

Content Area: **Health and Physical Education**
Course(s):
Time Period: **Marking Period 1**
Length: **1 Week**
Status: **Published**

Brief Summary of Unit

This unit will introduce the concept of defensive driving and discuss defensive driving techniques, reiterate the dangers of cell phone use behind the wheel, and teach students how to identify and avoid dangerous and aggressive drivers on the road. In addition, students will learn techniques for utilizing a safe following distance from other vehicles, as well as to how to adapt their driving for different road conditions. Finally, the students will study how to react during various vehicle related emergencies, as well as how to remedy a variety of common car conditions.

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Standards

2.1.12.PGD.2	Predict how healthy and unhealthy behaviors can affect brain development and impact physical, social and emotional stages of early adulthood.
2.1.12.EH.3	Describe strategies to appropriately respond to stressors in a variety of situations (e.g., academics, relationships, shootings, death, car accidents, illness).
2.3.12.PS.1	Apply a thoughtful decision-making process to evaluate situations and influences that could lead to healthy or unhealthy consequences (e.g., peers, media).
2.3.12.PS.3	Summarize New Jersey motor vehicle laws and regulations, Safe Stops, and determine their impact on health and safety (e.g., organ/tissue donation, traffic safety, avoid driving distractors, seatbelt use, the use of hand-held devices).
2.3.12.PS.4	Investigate the relationship between alcohol, drug use, and motor vehicle crashes and analyze the short- and long-term consequences of these actions.
2.3.12.ATD.1	Examine the influences of drug use and misuse on an individual's social, emotional and mental wellness.
2.3.12.ATD.3	Explore the relationship between individuals who abuse alcohol, tobacco, and other drugs with an increase in intentional and unintentional health-risk behaviors.
2.3.12.DSDT.1	Correlate duration of drug use and abuse to the incidence of drug-related deaths, injuries, illness, and academic performance.
2.3.12.DSDT.2	Analyze personal choices and behaviors related to substance use and misuse to determine if they align with personal values and beliefs.
2.3.12.DSDT.4	Utilize peer support and societal norms to formulate a health-enhancing message to remain drug free.

Essential Questions

How can you identify and avoid aggressive or dangerous drivers to prevent accidents?

What role does defensive driving play in keeping a driver, their passengers, and other motorists safe from accidents?

Students Will Know/ Students Will Be Skilled At

That driving methods and techniques need to be adapted for adverse weather conditions

Cell phone use decreases focus, reaction time, and stopping ability when driving

How to calculate safe following and stopping distance

Methods for safe night time driving

Proper way to react to common car or driving problems

What to do in case of an accident or collision

key terms: tailgating, collision, aggressive driving, road rage, distracted driving, highway hypnosis, drowsy driving, safe distance, 3 second plus rule, following distances, changing lanes, passing, hydroplaning, reduced visibility, night driving, city driving, highway driving, road hazards, construction zones, ignition system, skids, emergency stops

Learning Plan

Preview the essential questions and connect to learning throughout the unit.

Reiterate the dangers of cellphone use while driving

Discuss how to avoid dangerous and aggressive drivers, and how failure to do so can lead to road rage and accidents

Explain the formula for calculating safe following and stopping distance

Introduce driving techniques that can be used during adverse weather conditions

Review methods for dealing with common car failure issues

Explain how to prevent collisions, and what to do if one is involved in a motor vehicle accident

Completion of guided notes packet

Vehicle failure worksheet

Practice quiz

Unit 6 written test

Evidence/ Performance Tasks

Completed guided notes packet

Vehicle failure reaction worksheet

Practice quiz

Unit 6 written test

Materials

Laptops

Projector

Defensive driving videos

Vehicle failure worksheets

New Jersey Drivers manuals

Suggested Strategies for Modification

one-to-one instruction and assistance
cooperative learning groups
study partners
additional time on task
assessment based on individual development in the area of study
images and visual aids
handouts of notes, procedures, processes, diagrams, etc.
preferential seating
reading material modified to student level
testing materials appropriate to student level
Google Slides Presentations
Lectures
Group work
Presentation/ Skits
Class Discussions
Videos
Research through technology

Extended time on quizzes