

COURSE: Health	GRADE(S): Kindergarten
UNIT: Safety	TIMEFRAME: 3 classes (15 -20 minute lessons)

<p>NATIONAL HEALTH EDUCATION STANDARDS:</p> <p>STANDARD 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.</p> <p>STANDARD 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.</p>

<p>STATE STANDARDS:</p> <p>10.3 Safety and Injury Prevention</p> <p>10.3.3.A. Recognize safe/unsafe practices at home and in school.</p> <p>10.3.3.B Recognize an emergency situation and explain appropriate responses</p>

<p>Lesson 1: Staying Safe at Home and at School</p> <p>OBJECTIVES:</p> <p>Identify common household hazards.</p> <p>Explain what an emergency is and what to do in the case of an emergency</p> <p>Identify ways to stay safe at school</p> <p>Recognize and practice safety rules when using playground equipment.</p>	<p>CONTENT:</p> <ul style="list-style-type: none"> • Safety at Home: <ul style="list-style-type: none"> ▪ You and your family can make your home a safe place. Follow your family's safety rules: put things away, do not touch things that get hot. <p>You can stay safe when you know what to do in an emergency.</p> <ul style="list-style-type: none"> ▪ An emergency is a time when you need help right away. Call 911 in an emergency. ▪ Have a plan in case of an emergency. <ul style="list-style-type: none"> • Safety at School: <ul style="list-style-type: none"> ▪ You can also be safe at school by following school rules. School rules help you to stay safe. Your teacher will tell you the rules for your class. <p>A list of potential safety issues include:</p> <ul style="list-style-type: none"> ▪ Following directions given by the teacher. ▪ Being careful with sharp objects ▪ Not climbing on chairs or tables ▪ Walking in halls and classrooms ▪ Putting materials away and wiping up spills. <ul style="list-style-type: none"> • Safety on the Playground: <ul style="list-style-type: none"> ▪ There are rules to help you stay safe when you use the playground. Swings, slides and bars are playground equipment. Follow the rules so that no one gets hurt. <p>A list of Playground rules:</p> <ul style="list-style-type: none"> ▪ Do not climb on the slide ▪ Wait your turn ▪ Go one at a time ▪ Do not jump off the bars or swings ▪ Do not walk in front of a moving swing or other object.
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