



SAMPLE LESSON PLANS

Grade 1 – Safety and Injury Prevention

Unit 4

SOLs:

- 1.3.E List playground safety rules, and report hazards on the playground
- 1.3.G Describe water safety and ways to reduce risks around water.
- 1.3. H Identify the importance of sun safety.

Title: Summer and Outdoor Safety

Objectives/ Goals: Students will have an increased awareness of safety measures in water, in the sun and on the playground.

Materials:

- Playground Safety Report Card
- Water Safety Lessons from KidsHealth.org
- Safe Passages Curriculum
- Sun Safety Lesson
- K-2 Sunwise Curriculum

Procedure:

- Review and list school playground safety rules and print out/modify the National Program for Playground Safety's *Playground Safety Report Card* to walk around the playground with the students and have them report hazards.
- Implement the lessons from Kids Health *Water Safety Teacher's Guide* or US Army Core of Engineers *Safe Passages Water Safety Teacher's Guide* (see references).
- Implement the Scholastic *Sun Safety Lesson* or complete one of the following 10-20 minute activities from the *Grades K-2 Sunwise Lessons* from the SunWise Toolkit: *Hot Potato, A Sunwise Beach Party, Sunny Says, Keep an Eye on Sun Safety, Wacky Sunglasses* (see references).

Assessment Ideas:

- Are students able to identify playground hazards?
- Can students identify 3 ways of protecting themselves from the sun?
- Can students identify 3 safety measures including supervision around water; use of PFDs: and swim lessons?

References:

- National Program for Playground Safety Report Card
<http://playgroundsafety.org/resources/safety-checklist>
- KidsHealth.org Water Safety Teacher's Guide
https://classroom.kidshealth.org/classroom/prekto2/personal/safety/water_safety.pdf
- US Army Core of Engineers Safe Passages Water Safety Program
<http://watersafety.usace.army.mil/safepassage/SafePassage%20Teachers%20Guide.pdf>
- SunWise Tool Kit <https://www.neefusa.org/sunwise>
- Sun Safety: A Summer Safety Activity <http://www.scholastic.com/teachers/lesson-plan/sun-safety-summer-safety-activity>