



SAMPLE LESSON PLANS

Health Smart Virginia - Sample Lesson Plan

Kindergarten – Safety and Injury Prevention

Unit 5

SOLs:

- K.1.j** Recognize ways to be safe (wearing a helmet, using a car safety seat and seat belt, pedestrian safety, bus safety).
- K.1.k** Describe pedestrian safety, to include using sidewalks and crosswalks
- K.1.l** Describe bus safety practices, to include where to cross in front of the bus and staying in the seat facing forward.
- K.2.k** Identify safe choices when walking, riding in a car and bus, and riding a bike.
- K.3.l** Describe how safety choices can prevent injuries

Title: Be Safe

Objectives/ Goals:

- The student will identify ways to be safe when riding in a car and bus, biking, and as a pedestrian.
- The student will describe how safety choices can prevent injury

Materials:

- PowerPoint: K-All About Me Safety and Injury Prevention
- Worksheet: Safe or Not Safe?

Procedure:

Step 1	Using the Powerpoint as a guide, begin the lesson with a review of the topics (car safety, bus safety, pedestrian safety, bike safety) that will be covered in the lesson on slide 2.
Step 2	Slide 3: Introduce the first topic: Car Safety.
Step 3	Slide 4: As a class, read the scenario, What Should I Do? Allow students to volunteer to answer the question. Discuss the importance of buckling up all the time in the car.
Step 4	Slide 5: Summarize why it is importance to buckle up all the time. Ask students for other ways to stay safe in the car (don't play music too loud, the driver should not be distracted, etc.)
Step 5	Slide 6: Introduce the second topic: Bike Safety
Step 6	Slide 7: As a class, read the scenario, What Should I Do? Allow students to volunteer to answer the question. Discuss the importance of wearing a bike helmet all the time.
Step 7	Slide 8: Summarize why it is important to wear a bike helmet and watch the video to reinforce the importance.
Step 8	Slide 9: Introduce the third topic: Pedestrian Safety.
Step 9	Slide 10: As a class, read the scenario, What Should I Do? Allow students to volunteer to answer the question. Discuss the importance of reading signs and recognizing warning sounds.
Step 10	Slide 11: Review the three pictures and where students may see them. Ask students if they know the meaning of the pictures. Ask students how they can be safe when walking along the road. Show the video clip to reinforce the importance of reading signs and following the rules of the road.
Step 11	Slide 12: Introduce the fourth topic: Bus Safety.
Step 12	Slide 13: As a class, read the scenario, Can You Help Me? Allow students to volunteer to answer the question. Discuss the importance of walking in front of the bus when crossing the street.
Step 13	Slide 14: Ask students if they can think of other ways to stay safe on the bus (sit in seat facing forward, no hands outside of the bus windows, no standing while the bus is moving, etc.).
Step 14	Slide 15: Inform students that they are going to review.
Step 15	Slide 16-21. Ask the review questions. Allow students to share their answers.
Step 16	Slide 22: End the lesson with a classroom energizer.

Assessments, References & Sources: Mary McCarley, 2018

Safe or Not Safe?

Directions: Cut out the pictures below and paste them in the correct category. In the 3 extra boxes, draw a picture of a safe or unsafe behavior in the car, on a bike, on a bus, or walking down the street and paste it in the correct category.

Safe	Not Safe

