



Grade 1 Sample Lesson Plan: Unit 4 – Summer and Outdoor Safety

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.

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 Idea

- 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>