

# **NATIONAL HEALTH EDUCATION WEEK 2006**

**October 16-20, 2006**

**Healthy Kids:  
Creating Safe Communities and Schools**

***Grade 3-5***



**National Center for Health Education  
375 Hudson Street  
New York, NY 10014**

**Web: [www.nche.org](http://www.nche.org)  
E-mail: [nche@nche.org](mailto:nche@nche.org)**

**Phone: 212-463-4053  
Fax: 212-463-4060**

## **Grades 3-5 Lesson Plan**

### **Objectives**

1. Differentiate between safe and unsafe playground activities.
2. Discuss safety rules.

### **Materials Needed**

- Large poster paper (one sheet per group)
- Markers or colored pencils
- Magazines
- Scissors
- Paste

### **Things To Do Before**

1. Compile materials

### **Language Development**

**injury** – an act or situation that causes damage or pain

**pedestrian**– other people (adults, children, etc) who are walking, jogging, playing, and moving outside on foot.

### **Activities**

1. Inform students that many bone injuries for students their age occur as a result of bicycling, skating, and skateboarding accidents.
2. Remind students that safety gear, such as helmets and knee, elbow, and wrist pads, help protect against broken bones and other injuries. Share with students information about bike helmet laws or other safety laws in your state. In some states, children under 14 are required by law to wear bicycle helmets.
3. Have the students create safety posters for display in the classroom. Assign each group one of the following safety topics or have the class brainstorm additional ideas.
  - Bike Safety
  - Skate Safety (roller-skating, in-line skating, skateboarding, ice-skating)
  - Playground Safety

The poster should list three safety rules and illustrate each rule with drawings and/or magazine pictures

4. Have students role-play safety situations. Invite student volunteers to act out one of the situations described below. As each group performs its role play, invite the other classmates to decide whether or not the group handled the situation safely. Then, ask students how the unsafe situations could be made safe.
  - Two of you plan to ride your bikes to Raul's house. What safety rules will you have to obey before you leave and during your ride? *(Possible Answers: obey traffic laws; wear bicycle helmets; look both ways before crossing the street)*
  - Three friends decide to spend the afternoon in-line skating in the park. How do you get ready? *(Possible Answers: put on safety equipment – knee, wrist, and elbow guards and helmets)*
  - What safety rules do you practice getting to the park and coming home? *(Possible Answers: look before crossing the street; obey traffic laws; be careful of traffic and other pedestrians)*
  - Nick is going to let you try out his new skateboard. What will you do to ride safely? *(Possible Answers: wear safety equipment; don't ride in the street)*