

BEACON PRIMARY SCHOOL
HEALTH EDUCATION LESSON PLANS ~ TERM 3

Lesson #: 1

Duration: 30 minutes (1 period)

of pupils: 30

Lesson Objectives - Pupils will be able to:

- understand that it is everyone's responsibility to keep safe by paying attention to environmental dangers
- recognize that accidents and unsafe situations can occur in school, at home or in unexpected places and circumstances
- know how to play safely, especially in crowded places such as the playground.

Key Ideas/Enduring Understandings:

- Accidents can happen if we are not careful; e.g. fires, falls, bodily injuries such as cuts and bruises, poisoning through medications, drowning and road accidents.
- Accidents can be prevented by:
 - not running on slippery floors or along staircases;
 - not jumping from high places; and
 - not sitting on the parapet.

Essential Questions:

- Why do accidents happen?
- How do accidents happen?
- How do we prevent accidents from happening?
- What if we are careful but others are not?
- What could happen if we are not careful?

Pre-requisites:

- Pupils are to move in different speeds and intensity.
- Pupils understand the different locomotor movements such as walking, running, jogging, skipping, galloping and hopping.
- Pupils understand the role of and can identify boundaries marked by different PE equipment.



DURATION	LESSON	DELIVERY	INITIATIVES ¹	RESOURCES	REMARKS
7 min	<p>Introduction Activity: (Verbal / Linguistic) Pupils are to sit according to their group names; HEALTH (Haron, Eileen, Arul, Lance, Ting Ting and Harry).</p> <p>Tr to highlight the main idea for today's lesson: Accidents can happen if you are not careful. You can fall and hurt yourself badly.</p> <p>Show pupils flipchart of page 27. In their own groups, ask pupils to identify and discuss the dangers that they can see in each picture. Guide pupils with these questions:</p> <ul style="list-style-type: none"> ▪ What dangers do you see in each picture? ▪ What do you think will happen if those pupils do not stop their actions? <p>Ask pupils to present their discussions on each picture and the steps that the character should take to avoid being hurt.</p> <p>Share with pupils the following steps that they can follow:</p> <ol style="list-style-type: none"> 1. <i>Watch where you are going. Walk carefully if the floor is wet</i> 2. <i>Walk down the stairs one step at a time. Do not run or jump</i> 3. <i>Do not play on the stairs</i> 4. <i>Never sit on parapet. You may lose your balance and fall</i> 	<p>Organization-Signals *Listening Line *Quiet Signal</p> <p>Direct Instruction & eliciting answers from pupils</p>	<p>Can you generate new ideas, products, or ways of viewing things? Constructing, producing, inventing, making, devising</p>	<p>Whistle, Class Name List, Pupil's Book Pg 27 -28, Flipchart of Pg 27-28</p> <p>HE P1 Teacher's Resource Booklet</p> <p>Term 3 HE Learning Log</p> <p>6 spot-markers for listening line</p> <p>4 large cones to demarcate a large play-area</p> <p>10 sponge balls, 10 small cones, 10 beanbags as obstacles</p>	<p>The formal introduction to physical health in this HE series helps to develop and cultivate physical literacy in pupils.</p> <p>Pupil's Book is a textbook-cum-activity book.</p> <p>Listening Line: Pupils are seated in 6 rows of 5, indicated by coloured spot markers in front of each group leader.</p>
15 min	<p>Development: Boundary Game (Physical Activity) Tr to get pupils into their 6 groups and they will be seated in their listening line. Pupils will be told that to keep safe, they must pay attention to environmental dangers, and recognize that accidents and unsafe situations can occur in school, at home or in unexpected places or circumstances. One situation that they can start practicing safe habits is during PE lessons or at the playground.</p>	<p>Direct Instructions & appropriate responses</p>	<p>Apply rules and conventions for the activity</p>		<p>Setup:</p> <ul style="list-style-type: none"> • Set up a rectangular play area marked by 4 large cones.

¹ SEL(School Values, HOM, Global), Thinking Skills, NE & 21st Century Skills



<p>Description: Pupils will be told of the boundary for the game, which is a rectangular area marked by 4 large cones. Tr will ask pupils to jog within the boundary, being careful not to knock into anyone or to move out of the boundary.</p> <p>Tr will move the cones to make the boundary smaller. Pupils will continue to jog within the boundary.</p> <p>Stop the activity and ask pupils to return to listening line. Ask pupils the following questions:</p> <ul style="list-style-type: none"> - Did anyone knock into anybody else in the first round? - What did you notice about the boundary? [has become smaller] - Did you have more or less space to move in? [less space] - What did you have to do when the boundary has become smaller? [be more careful] - How were you 'more careful'? [look where we are going, avoid running into someone else, do not move too fast] - What kind of movement is safer when we are in small spaces? Fast movements or slow movements? <p>Scatter some beanbags, small cones and sponge balls in the playing area. Do not enlarge the area. Ask pupils to choose any type of locomotor movement but remind them not to knock into anyone or the PE equipment. If they do so, they will have to execute a penalty of running 1 round around the boundary before they could rejoin the activity in the boundary.</p> <p>Observe how many pupils have to do the penalty.</p> <p>Stop the activity and ask pupils to return to listening line. Ask pupils the following questions:</p> <ul style="list-style-type: none"> - How many of you had to do the penalty? - Why do you think that was so? Were you moving too quickly? - How many of you chose slow and safe movements? Why? <p>Praise pupils who managed to play safely.</p>				
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8 min	<p>Conclusion: Tr to recap on the key learning points. Tr to also reinforce good behaviours. Pupils are also reminded that it is their responsibility to keep safe; they must pay attention to environmental dangers, and recognize that accidents and unsafe situations can occur in school, at home or in unexpected places or circumstances.</p> <p>Homejoy: Ask pupils to complete Learning Log. Ask pupils to do a poster advocating safe play at the playground. Give pupils 1 week to complete poster.</p>		<p>Can you generate new ideas, products, or ways of viewing things? Constructing, producing, inventing, making, devising</p>	<p>HE P1 Teacher's Resource Booklet</p> <p>Pupil's Book Pg 27 -30</p> <p>HE Term 3 Learning Log</p>	<p>Extension Activity: For HP / MP²Pupils Online Activity: Tr to introduce a website whereby pupils can find out more about playing safely. http://kidshealth.org/kid/closet/movies/play_scrapbook.html</p>
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² High Progress / Middle Progress

