This unit was authored by a team of Colorado educators. The template provided one example of unit design that enabled teacher-authors to organize possible learning experiences, resources, differentiation, and assessments. The unit is intended to support teachers, schools, and districts as they make their own local decisions around the best instructional plans and practices for all students.
# Colorado Teacher-Authored Sample Instructional Unit

<table>
<thead>
<tr>
<th>Content Area</th>
<th>Comprehensive Health</th>
<th>Grade Level</th>
<th>7th Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>Course Name/Course Code</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Standard</th>
<th>Grade Level Expectations (GLE)</th>
<th>GLE Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>2.</td>
<td>1. Analyze factors that influence healthy eating behaviors</td>
<td>CH09-GR.7-S.2-GLE.1</td>
</tr>
<tr>
<td></td>
<td>2. Demonstrate the ability to make healthy food choices in a variety of settings</td>
<td>CH09-GR.7-S.2-GLE.2</td>
</tr>
<tr>
<td></td>
<td>3. Compare and contrast healthy and unhealthy relationships (family, peer, and dating)</td>
<td>CH09-GR.7-S.2-GLE.3</td>
</tr>
<tr>
<td></td>
<td>4. Analyze the internal and external factors that influence sexual decision-making and activity</td>
<td>CH09-GR.7-S.2-GLE.4</td>
</tr>
<tr>
<td></td>
<td>5. Define sexually transmitted diseases (STDs), including human immunodeficiency virus (HIV) and acquired immune deficiency syndrome (AIDS)</td>
<td>CH09-GR.7-S.2-GLE.5</td>
</tr>
<tr>
<td>3.</td>
<td>1. Demonstrate effective communication skills to express feelings appropriately</td>
<td>CH09-GR.7-S.3-GLE.1</td>
</tr>
<tr>
<td></td>
<td>2. Develop self-management skills to prevent and manage stress</td>
<td>CH09-GR.7-S.3-GLE.2</td>
</tr>
<tr>
<td>4.</td>
<td>1. Analyze the consequences of using alcohol, tobacco and other drugs</td>
<td>CH09-GR.7-S.4-GLE.1</td>
</tr>
<tr>
<td></td>
<td>2. Demonstrate safety procedures for a variety of situations</td>
<td>CH09-GR.7-S.4-GLE.2</td>
</tr>
</tbody>
</table>

## Colorado 21st Century Skills

- **Critical Thinking and Reasoning:** *Thinking Deeply, Thinking Differently*
- **Information Literacy:** *Untangling the Web*
- **Collaboration:** *Working Together, Learning Together*
- **Self-Direction:** *Own Your Learning*
- **Invention:** *Creating Solutions*

The Colorado Academic Standards for Health describes what learners should know and be able to do as they develop proficiency in health. The utilization of knowledge and skills to enhance physical, mental, emotional and social well-being will be supported in each unit through the standard areas of Physical and Personal Wellness, Emotional and Social Wellness and Prevention and Risk Management.

<table>
<thead>
<tr>
<th>Unit Titles</th>
<th>Length of Unit/Contact Hours</th>
<th>Unit Number/Sequence</th>
</tr>
</thead>
<tbody>
<tr>
<td>Injury Prevention</td>
<td>1 week</td>
<td>4</td>
</tr>
</tbody>
</table>
## Generalizations

### My students will **Understand** that...

<table>
<thead>
<tr>
<th>First-response procedures manage emergency situations. (CH09-GR.7-S.4-GLE.2-EO.a)</th>
<th>What procedures should be followed in an emergency?</th>
<th>What type of response do you demonstrate during any emergency you experienced?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Peers, family and media may help individuals develop effective safety plans to prevent injuries. (CH09-GR.7-S.4-GLE.2-EO.d,e)</td>
<td>How do the media communicate safety plans?</td>
<td>What are some of the safety procedures your family follows in your home?</td>
</tr>
<tr>
<td>Severe weather or trauma-related emergencies require event-specific precautions and actions. (CH09-GR.7-S.4-GLE.2-EO.d)</td>
<td>What type of precautions should be taken in severe weather?</td>
<td>What are the challenges of creating an emergency plan? (CH09-GR.7-S.4-GLE.2-EO.a,b;IQ.1)</td>
</tr>
</tbody>
</table>

## Critical Content:

### My students will **Know**...

- Emergency Plans (CH09-GR.7-S.4-GLE.2-EO.d,e)
- First-response procedures (CH09-GR.7-S.4-GLE.2-EO.a)
- Injury Prevention (CH09-GR.7-S.4-GLE.2-EO.c)
- Injury prevention (CH09-GR.7-S.4-GLE.2-EO.e)

### Key Skills:

- My students will be able to **(Do)**...

  - Establish an emergency plan (CH09-GR.7-S.4-GLE.2-EO.d,e)
  - Identify first-response procedures (CH09-GR.7-S.4-GLE.2-EO.a)
  - Discuss injury prevention procedures (CH09-GR.7-S.4-GLE.2-EO.e)
**Critical Language:** includes the Academic and Technical vocabulary, semantics, and discourse which are particular to and necessary for accessing a given discipline.

EXAMPLE: A student in Language Arts can demonstrate the ability to apply and comprehend critical language through the following statement: "Mark Twain exposes the hypocrisy of slavery through the use of satire."

A student in ____________ can demonstrate the ability to apply and comprehend critical language through the following statement(s):

I will be able to identify and perform first-response procedures in severe weather and trauma-related situations.

<table>
<thead>
<tr>
<th>Academic Vocabulary:</th>
<th>Procedures, Prevention, Actions, Plans, Emergencies, Safety, Precautions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Technical Vocabulary:</td>
<td>First-response</td>
</tr>
</tbody>
</table>
### Unit Description:
This unit allows students to develop personal safety skills and plans to prepare them for responding to personal injury, trauma, and natural disasters. Developing skills and processes such as precautions, prevention, actions, plans, emergencies and safety, will allow students to learn to navigate these possible personal injury situations. The unit culminates with a performance assessment that asks students to demonstrate their ability to design and execute a safety plan for a variety of situations. The goal of this unit is to give students the skills needed to be an effective first-responder.

### Considerations:
Student should have a good working understanding of regional/weather disasters and should be able to make generalizations about safe and unsafe actions/decisions. The teacher may want to consider their own particular regions regarding safety issues for learning experience focus (i.e. weather, personal, societal, etc).

### Unit Generalizations

#### Key Generalization:
Peers, family and media may help individuals develop effective safety plans to prevent injuries.

#### Supporting Generalizations:
- First-response procedures manage emergency situations.
- Severe weather or trauma-related emergencies require event-specific precautions and actions.

### Performance Assessment: The capstone/summative assessment for this unit.

#### Claims:
(Key generalization(s) to be mastered and demonstrated through the capstone assessment.)

- Peers, family and media may help individuals develop effective safety plans to prevent injuries.

#### Stimulus Material:
(Engaging scenario that includes role, audience, goal/outcome and explicitly connects the key generalization)

As a first responder to a variety of safety scenarios, you will need to refer to your “Safety Handbook” to assess the best course of action. Your “Safety Handbook” will include:
- Personal safety plan
- “Basic first aid” procedures
- Life-saving procedures (i.e. CPR, Heimlich)
- Severe weather (T-storms, floods, fires)

#### Product/Evidence:
(Expected product from students)

Students are either EMS, Firefighters, or Police Officers and will be the first responder on the scene of a car accident/playground accident/athletic injury/water related accident/natural disaster/etc. and may refer to their “Safety Handbook” for review of protocol for that specific scenario. Students will demonstrate the appropriate action steps to respond to their particular scenario. Students will create a “Safety Handbook” to include first aid and life-saving procedures.

#### Differentiation:
(Multiple modes for student expression)

- Teacher assigned scenarios
- Students may refer to “Safety Handbook”
- Students may work with a partner
- Student created safety scenarios
### Texts for independent reading or for class read aloud to support the content

<table>
<thead>
<tr>
<th>Informational/Non-Fiction</th>
<th>Fiction</th>
</tr>
</thead>
</table>
| *Frequently Asked Questions about Everyday First Aid (FAQ: Teen Life)* by Heather Hasan (Lexile range 800-1200)  
*Sound of Mercy: A Paramedic’s Story* by Louis C. Farah (Lexile range 800-1200)  
*The American Red Cross First Aid and Safety Handbook* by American Red Cross (Lexile range 800-1200) | *Before I Fall* by Lauren Oliver (*Before I Fall* raises thought-provoking questions about love, death, and how one person’s life can affect so many others.) (Lexile level 860)  
*On My Honor* by Marion Dane Bauer (Joel dares his best friend, Tony, to a swimming race in a dangerous river. Both boys jump in, but when Joel reaches the sandbar, he finds Tony has vanished. How can he face their parents and the terrible truth?) (Lexile level750)  
*The Hunger Games* by Suzanne Collins (Katniss and her male counterpart Peeta, are pitted against bigger, stronger representatives, some of whom have trained for this their whole lives. she sees it as a death sentence. But Katniss has been close to death before. For her, survival is second nature. (Lexile level 810) |

### Ongoing Discipline-Specific Learning Experiences

<table>
<thead>
<tr>
<th>1. Description:</th>
<th>Teacher Resources:</th>
</tr>
</thead>
</table>
| Think/work like a first responder in compiling proper safety protocols for a “Safety Handbook” | [https://docs.google.com/document/d/1QicAGJkmktcanp1hOvamzQkrWjWJrohCoeD-LtuEeM/edit?usp=sharing](https://docs.google.com/document/d/1QicAGJkmktcanp1hOvamzQkrWjWJrohCoeD-LtuEeM/edit?usp=sharing) (Safety Handbook Template)  
[https://docs.google.com/document/d/1olu_Gf1rH0LhhjSza29rAYosDvDCE5ceCTBRcfFp50QQ/edit?usp=sharing](https://docs.google.com/document/d/1olu_Gf1rH0LhhjSza29rAYosDvDCE5ceCTBRcfFp50QQ/edit?usp=sharing) (safety plan graphic organizer template)  
[https://keystoliteracy.com/wp-content/pdfs/5b-wkshp-templates/blank%20two%20column%20note.pdf](https://keystoliteracy.com/wp-content/pdfs/5b-wkshp-templates/blank%20two%20column%20note.pdf) (two column notes general)  
[https://www.mindmup.com/#m:new](https://www.mindmup.com/#m:new) (mapping diagram create your own) |

<table>
<thead>
<tr>
<th>Student Resources:</th>
<th></th>
</tr>
</thead>
</table>
| [https://docs.google.com/document/d/1QicAGJkmktcanp1hOvamzQkrWjWJrohCoeD-LtuEeM/edit?usp=sharing](https://docs.google.com/document/d/1QicAGJkmktcanp1hOvamzQkrWjWJrohCoeD-LtuEeM/edit?usp=sharing) (Safety Handbook Template)  
[https://docs.google.com/document/d/1olu_Gf1rH0LhhjSza29rAYosDvDCE5ceCTBRcfFp50QQ/edit?usp=sharing](https://docs.google.com/document/d/1olu_Gf1rH0LhhjSza29rAYosDvDCE5ceCTBRcfFp50QQ/edit?usp=sharing) (safety plan graphic organizer template) |

<table>
<thead>
<tr>
<th>Skills:</th>
<th>Assessment:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Steps for procedures/precautions in emergency situations</td>
<td>Students will complete graphic organizers/2 column notes from various learning experiences throughout the unit.</td>
</tr>
</tbody>
</table>

### Prior Knowledge and Experiences

Students have a presumed working knowledge of safe and unsafe actions/decisions. Students will share their own experiences/prior knowledge of weather/natural disasters.
## Learning Experience #1

The teacher may introduce the term “Risk” so students can form ideas on what it is “safe”.

### Generalization Connection(s):

Peers, family and media may help individuals develop effective safety plans to prevent injuries.

### Teacher Resources:

- [http://www.woodward.edu/data/files/gallery/ContentGallery/Dr.Crawford_WoodwardPresenation12013.pdf](http://www.woodward.edu/data/files/gallery/ContentGallery/Dr.Crawford_WoodwardPresenation12013.pdf) (Risk management for teens)
- [https://www.youtube.com/watch?v=AATl0Apvctc](https://www.youtube.com/watch?v=AATl0Apvctc) (Dangerous situation examples)
- [https://www.youtube.com/watch?v=uE8KpGeewEU](https://www.youtube.com/watch?v=uE8KpGeewEU) (Safe or dangerous interactive video)

### Student Resources:

- [https://www.youtube.com/watch?v=_a88o7pI_ig](https://www.youtube.com/watch?v=_a88o7pI_ig) (Safe vs unsafe situation examples)
- [https://www.youtube.com/watch?v=AATl0Apvctc](https://www.youtube.com/watch?v=AATl0Apvctc) (Dangerous situation examples)
- [https://www.youtube.com/watch?v=uE8KpGeewEU](https://www.youtube.com/watch?v=uE8KpGeewEU) (Safe or dangerous interactive video)

### Assessment:

Students will create a “Sticky” Wall identifying safe and unsafe behaviors, situations, and natural disasters that will place them at risk. Students will discuss the content on the wall as a large group.

### Differentiation:

(Multiple means for students to access content and multiple modes for student to express understanding.)

#### Access (Resources and/or Process)

- The teacher may provide examples of safe and unsafe situations
- The teacher may provide a definition of risk
- The teacher may provide pictures to identify safe and unsafe situations

#### Expression (Products and/or Performance)

- Students may pair with other students to identify safe and unsafe behaviors, situations, and natural disasters
- Students may use pictures to identify safe and unsafe situations

### Extensions for depth and complexity:

#### Access (Resources and/or Process)

- The teacher may provide opportunities to view safety videos of various unsafe scenarios

#### Expression (Products and/or Performance)

- Students may view video and analyze safety of the situation and predict what could happen or what would not have happened if safety procedures/precautions were in place or followed

### Critical Content:

- Injury prevention

### Key Skills:

- Discuss injury prevention procedures

### Critical Language:

- Procedures, Prevention, Actions, Plans, Emergencies, Safety, Precautions
## Learning Experience # 2

The teacher will illustrate “basic first aid” procedures so students can identify appropriate action steps to treat/respond/prevent emergency situations (e.g. accidents, injuries, illness, etc).

**Generalization Connection(s):** 
First-response procedures manage emergency situations

**Teacher Resources:**
- [http://www.dmoz.org/Kids_and_Teens/Health/First_Aid/](http://www.dmoz.org/Kids_and_Teens/Health/First_Aid/) (Resources for various first-aid)
- [https://www.youtube.com/watch?v=ycB5gHBz5o0](https://www.youtube.com/watch?v=ycB5gHBz5o0) (YouTube video: How to treat a puncture wound)
- [https://www.youtube.com/watch?v=y8CYSFgBJjI](https://www.youtube.com/watch?v=y8CYSFgBJjI) (YouTube video: How to stop bleeding)
- [https://www.youtube.com/watch?v=L77rERL64zc](https://www.youtube.com/watch?v=L77rERL64zc) (YouTube video: How to treat cuts and scrapes)
- [www.youtube.com/watch?v=Q5nxXJ8KUY&list=PLLALQuK1NDrgdKhwEDlburNOPcothH2Ud](www.youtube.com/watch?v=Q5nxXJ8KUY&list=PLLALQuK1NDrgdKhwEDlburNOPcothH2Ud) (YouTube video: How to treat a severe allergic reaction)
- [https://www.youtube.com/watch?v=ccr4IkJZhKs](https://www.youtube.com/watch?v=ccr4IkJZhKs) (YouTube video: How to help someone who can’t breathe)
- [https://www.youtube.com/watch?v=vROqNiN-Cnk](https://www.youtube.com/watch?v=vROqNiN-Cnk) (YouTube video: How to stop a nosebleed)
- [https://www.youtube.com/watch?v=U1uqgzw4Xvs](https://www.youtube.com/watch?v=U1uqgzw4Xvs) (YouTube video: How to help someone who has fainted)
- [https://www.youtube.com/watch?v=4qWPFCFmRlI](https://www.youtube.com/watch?v=4qWPFCFmRlI) (YouTube video: How to help someone having a seizure)
- [https://www.youtube.com/watch?v=4HjHBcgAN3E](https://www.youtube.com/watch?v=4HjHBcgAN3E) (YouTube video: How to treat poisoning)

**Student Resources:**
- [http://www.dmoz.org/Kids_and_Teens/Health/First_Aid/](http://www.dmoz.org/Kids_and_Teens/Health/First_Aid/) (Resources for various first-aid)
- [https://www.youtube.com/watch?v=ycB5gHBz5o0](https://www.youtube.com/watch?v=ycB5gHBz5o0) (YouTube video: How to treat a puncture wound)
- [https://www.youtube.com/watch?v=y8CYSFgBJjI](https://www.youtube.com/watch?v=y8CYSFgBJjI) (YouTube video: How to stop bleeding)
- [https://www.youtube.com/watch?v=L77rERL64zc](https://www.youtube.com/watch?v=L77rERL64zc) (YouTube video: How to treat cuts and scrapes)
- [www.youtube.com/watch?v=Q5nxXJ8KUY&list=PLLALQuK1NDrgdKhwEDlburNOPcothH2Ud](www.youtube.com/watch?v=Q5nxXJ8KUY&list=PLLALQuK1NDrgdKhwEDlburNOPcothH2Ud) (YouTube video: How to treat a severe allergic reaction)
- [https://www.youtube.com/watch?v=ccr4IkJZhKs](https://www.youtube.com/watch?v=ccr4IkJZhKs) (YouTube video: How to help someone who can’t breathe)
- [https://www.youtube.com/watch?v=vROqNiN-Cnk](https://www.youtube.com/watch?v=vROqNiN-Cnk) (YouTube video: How to stop a nosebleed)
- [https://www.youtube.com/watch?v=U1uqgzw4Xvs](https://www.youtube.com/watch?v=U1uqgzw4Xvs) (YouTube video: How to help someone who has fainted)
- [https://www.youtube.com/watch?v=4qWPFCFmRlI](https://www.youtube.com/watch?v=4qWPFCFmRlI) (YouTube video: How to help someone having a seizure)
- [https://www.youtube.com/watch?v=4HjHBcgAN3E](https://www.youtube.com/watch?v=4HjHBcgAN3E) (YouTube video: How to treat poisoning)

**Assessment:**
Students will create a one page graphic organizer/two column notes identifying correct emergency first aid procedures and prevention strategies for five emergency situations.

**Differentiation:**
(Multiple means for students to access content and multiple modes for student to express understanding.)

<table>
<thead>
<tr>
<th>Access (Resources and/or Process)</th>
<th>Expression (Products and/or Performance)</th>
</tr>
</thead>
<tbody>
<tr>
<td>The teacher may provide first aid procedures to students</td>
<td>Students may use first aid procedures/steps</td>
</tr>
<tr>
<td>The teacher may provide videos for students to view on first aid procedures</td>
<td>Students may use videos to review first aid procedures/steps</td>
</tr>
<tr>
<td>The teacher may provide pictures of examples of each first aid procedure</td>
<td>Students may use picture to sequence the correct order of first aid action steps</td>
</tr>
</tbody>
</table>
### Critical Content:

- First-response procedures
- Injury Prevention
- Injury prevention

### Key Skills:

- Identify first-response procedures
- Discuss injury prevention procedures

### Critical Language:

Procedures, Prevention, Actions, Plans, Emergencies, Safety, Precautions, First-response

---

### Learning Experience # 3

The teacher will show CPR and Heimlich lifesaving procedures videos so student can access the skills necessary to save a life.

#### Generalization Connection(s):

First-response procedures manage emergency situations

#### Teacher Resources:

- [https://www.youtube.com/watch?v=7CgtIgSyAiU](https://www.youtube.com/watch?v=7CgtIgSyAiU) (YouTube video: Heimlich for students)
- [https://www.youtube.com/watch?v=ZXL8S0PXX7A](https://www.youtube.com/watch?v=ZXL8S0PXX7A) (YouTube video: How to give CPR)
- [http://www2.sptimes.com/pdfs/heimlich.pdf](http://www2.sptimes.com/pdfs/heimlich.pdf) (basics of Heimlich)

#### Student Resources:

- [https://www.youtube.com/watch?v=7CgtIgSyAiU](https://www.youtube.com/watch?v=7CgtIgSyAiU) (YouTube video: Heimlich for students)
- [https://www.youtube.com/watch?v=ZXL8S0PXX7A](https://www.youtube.com/watch?v=ZXL8S0PXX7A) (YouTube video: How to give CPR)
- [http://www2.sptimes.com/pdfs/heimlich.pdf](http://www2.sptimes.com/pdfs/heimlich.pdf) (basics of Heimlich)

#### Assessment:

Students will complete a check sheet demonstrating their mastery of CPR and Heimlich skills. (Mannequins will be used if available.)

#### Differentiation:

(Multiple means for students to access content and multiple modes for student to express understanding.)

Access (Resources and/or Process)

The teacher may purposefully pair students for practice

The teacher may provide illustrations of the sequence of accurate steps for CPR/Heimlich

Expression (Products and/or Performance)

Students may pair with other students for practicing skills

Students may use illustrations to sequence accurate steps for CPR/Heimlich

### Extensions for depth and complexity:

Access (Resources and/or Process)

The teacher may display student brochures throughout the school

Expression (Products and/or Performance)

Students may create brochures of the specific first aid procedures/steps

Critical Content:

- First-response procedures
- Injury
- Injury prevention
## Key Skills:
- Identify first-response procedures
- Discuss injury prevention procedures

## Critical Language:
Procedures, Prevention, Actions, Plans, Emergencies, Safety, Precautions, First-response

### Learning Experience # 4

The teacher will facilitate discussion about severe weather/natural disasters (E.g. thunderstorms, floods, fires, tornadoes, etc.) so students can reflect upon their knowledge/experiences.

#### Generalization Connection(s):
Severe weather or trauma-related emergencies require event-specific precautions and actions

#### Teacher Resources:
- [http://www.lightningsafety.noaa.gov/safety.shtml](http://www.lightningsafety.noaa.gov/safety.shtml) (Lightning safety)
- [https://www.youtube.com/watch?v=MNWUHTd8Z4o](https://www.youtube.com/watch?v=MNWUHTd8Z4o) (Lightning video)
- [https://www.youtube.com/watch?v=IzOz_QfSg_k](https://www.youtube.com/watch?v=IzOz_QfSg_k) (Forest fire safety)
- [https://www.youtube.com/watch?v=tj-5Zt4Qqw](https://www.youtube.com/watch?v=tj-5Zt4Qqw) (YouTube video: tornado safety guidelines)
- [https://www.youtube.com/watch?v=1k7ap96CPJk](https://www.youtube.com/watch?v=1k7ap96CPJk) (YouTube video: What to do during a flood)
- [https://www.youtube.com/watch?v=2NWwpbrgz9Y](https://www.youtube.com/watch?v=2NWwpbrgz9Y) (YouTube video: What to do in the event of an earthquake)

#### Student Resources:
- [http://www.lightningsafety.noaa.gov/safety.shtml](http://www.lightningsafety.noaa.gov/safety.shtml) (Lightning safety)
- [https://www.youtube.com/watch?v=MNWUHTd8Z4o](https://www.youtube.com/watch?v=MNWUHTd8Z4o) (lightning video)
- [https://www.youtube.com/watch?v=IzOz_QfSg_k](https://www.youtube.com/watch?v=IzOz_QfSg_k) (forest fire safety)
- [https://www.youtube.com/watch?v=tj-5Zt4Qqw](https://www.youtube.com/watch?v=tj-5Zt4Qqw) (YouTube video: tornado safety guidelines)
- [https://www.youtube.com/watch?v=1k7ap96CPJk](https://www.youtube.com/watch?v=1k7ap96CPJk) (YouTube video: What to do during a flood)
- [https://www.youtube.com/watch?v=2NWwpbrgz9Y](https://www.youtube.com/watch?v=2NWwpbrgz9Y) (YouTube video: What to do in the event of an earthquake)

#### Assessment:
Students will create a short skit on a specific natural disaster, acting out correct safety procedures while the audience completes a graphic organizer/two-column notes listing accurate and appropriate action steps.

#### Differentiation:
(Multiple means for students to access content and multiple modes for student to express understanding.)

- **Access (Resources and/or Process)**
  - The teacher may provide action steps to students

- **Expression (Products and/or Performance)**
  - Students may use correct steps to highlight steps observed in skit

#### Extensions for depth and complexity:
- **Access (Resources and/or Process)**
  - The teacher may provide opportunities for students to show video

- **Expression (Products and/or Performance)**
  - Students may create a video of the skits to share with other students during lunch, study hall, etc

#### Critical Content:
- Emergency Plans

#### Key Skills:
- Establish an emergency plan

#### Critical Language:
Procedures, Prevention, Actions, Plans, Emergencies, Safety, Precautions
### Learning Experience # 5

The teacher may introduce a Safety Plan by showing students an example of their school safety plan so students can begin to understand elements to include in their own personal Safety Plan.

**Generalization Connection(s):**
- Peers, family and media may help individuals develop effective safety plans to prevent injuries
- Severe weather or trauma-related emergencies require event-specific precautions and actions

**Teacher Resources:**
- [http://www.educationworld.com/a_lesson/lesson/lesson026.shtml](http://www.educationworld.com/a_lesson/lesson/lesson026.shtml) (Fire Safety information)
- [http://www.pecentral.org/lessonideas/MiddleSchoolHealthPersonalSafety.pdf](http://www.pecentral.org/lessonideas/MiddleSchoolHealthPersonalSafety.pdf) (Middle School Health Lessons 6-8: Personal Injury)

**Student Resources:**
- [http://www.educationworld.com/a_lesson/lesson/lesson026.shtml](http://www.educationworld.com/a_lesson/lesson/lesson026.shtml) (Fire Safety information)
- [http://www.pecentral.org/lessonideas/MiddleSchoolHealthPersonalSafety.pdf](http://www.pecentral.org/lessonideas/MiddleSchoolHealthPersonalSafety.pdf) (Middle School Health Lessons 6-8: Personal Injury)

**Assessment:**
- Students will create a personal safety plan by utilizing a graphic organizer to list their top four safety procedures in the following three areas:
  - Home (fire, home invasion, gas leak, etc.)
  - Friends (pranks, transportation, etc.)
  - Outdoors (athletics, parks, camping, water, etc.)

**Differentiation:**
- **Access (Resources and/or Process)**: The teacher may provide examples of existing safety plans
- **Expression (Products and/or Performance)**: Students may use examples of safety procedures (school, family)

**Extensions for depth and complexity:**
- **Access (Resources and/or Process)**: N/A
- **Expression (Products and/or Performance)**: Students may write a safety manual for procedures specific to own home or weather region. (i.e. fire, strangers, natural disasters)

**Critical Content:**
- Emergency Plans

**Key Skills:**
- Establish an emergency plan

**Critical Language:**
- Procedures, Prevention, Actions, Plans, Emergencies, Safety, Precautions
### Colorado Teacher-Authored Sample Instructional Unit

<table>
<thead>
<tr>
<th>Learning Experience # 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>The teacher will review information from learning experiences one through five so students can develop ideas for their own “Safety Handbook”.</td>
</tr>
</tbody>
</table>

| Generalization Connection(s): | First-response procedures manage emergency situations |
| Assessment: | Students will compile data from their previous learning experiences to create their own “Safety Handbook”. |
| Differentiation: | **Access (Resources and/or Process)**: The teacher may pair students to complete handbooks. The teacher may give students example safety handbooks to follow. **Expression (Products and/or Performance)**: Students may pair with another student to develop personal “Student Handbook”. Students may use examples of “Safety Handbooks” to follow. |
| Extensions for depth and complexity: | **Access (Resources and/or Process)**: N/A **Expression (Products and/or Performance)**: Students may develop “model” safety handbooks that can be placed in nursing, counseling services department, and/or school “Safety Handbook” |

### Critical Content:

- Emergency Plans

### Key Skills:

- Establish an emergency plan

### Critical Language:

- Procedures, Prevention, Actions, Plans, Emergencies, Safety, Precautions