

Massachusetts Performance Standards

The students will:

- 2.13 Explain the personal benefits of making positive health decisions and monitor progress towards personal wellness.
- 8.14 Identify positive health behaviors that reduce the risk of disease
- 8.15 Learn how to use effective physical self-examination procedures and at what age they become necessary
- 8.19 Explain the prevention and control of common communicable infestations, diseases, and infections
- 12.11 Explain when and how to use self-care or professional health care services

UNIT

CPR

Objectives (Students will be able to...)

- Identify and demonstrate key steps to follow when helping an unconscious person
- Identify key factors to consider when prioritizing care for victims of accidents.
- Demonstrate skills regarding helping conscious and unconscious choking victims
- Identify the difference between a heart attack and a cardiac arrest
- Demonstrate skills used to help victims of cardiac arrest

Essential Question

What are signs of life-threatening health emergencies and what can be done to help the victim?

Mission and Expectations

Health & Wellness

- Understands the fundamental wellness and fitness concepts and the skills which foster healthy habits and behaviors
- Make healthy –enhancing decisions by assessing risks and considering potential consequences.

Autonomous Learning Skills

- Takes responsibility for his/her learning
- Is a lifelong learner
- Can set priorities and identify

Personal and Social Responsibility

- Takes responsibility for his/her learning
- Respects himself/herself and others

Teacher Resources

1. Handouts CPR topics from Red Cross; DVD from Red Cross
2. Flip charts, markers, white board and markers
3. Dummies and protective masks for students

Media and Technology Resources

Book and DVD on CPR from the American Red Cross

Evaluation/Activities

Lecture/Demonstration: Each concept/topic will be introduced by the teacher using any resources that are available.

Class work: To be done on each topic/concept as needed for understanding.

Homework: To be given daily on each introduced topic as determined by the teacher.

Review: All weekly concepts will be reviewed and connections to concepts should be made by the students.

Quiz: Formal assessments will be given as warranted by the curriculum.

Lesson Completion Date:

Technology Used/ Date Used:

Completed By:

Comments:

