

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

FIRST AID

Objectives (Students will be able to...)

- Explain and demonstrate the skills for controlling bleeding
- Describe the signs and symptoms of shock and proper care
- Explain and demonstrate the skills for taking care of wounds, burns, fractures, and sprains

Essential Question

What are some common first aide emergencies and what can be done to help the vicim?

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. Teaching materials from the American Red Cross
2. First Aid supplies for practice of skills (ace bandages, splinting materials..)

Media and Technology Resources

- 1 . Printed teaching materials from American Red Cross
2. DVD from American Red Cross on CPR and First Aid

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: