

Unit 6: Safety Precautions

Unit #:	APSDO-00026692	Duration:	2.0 Week(s)	Date(s)	
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Grade(s)
 5, 6

Subject(s)
 Wellness

Unit Focus

In this unit, students will continue to learn the skills needed for self protection.

Stage 1: Desired Results - Key Understandings

Standard(s)	Transfer	
<p>Connecticut Goals and Standards <i>Health Education: 8</i></p> <ul style="list-style-type: none"> Analyze situations and demonstrate healthy ways to express needs, wants and feelings <i>H.5.4</i> Analyze the possible causes of conflict in families, among peers, and in schools and communities <i>H.5.8</i> Apply and evaluate characteristics needed to be a responsible individual within their peer group, school, family, and community <i>H.5.2</i> Compare and contrast skills for communicating effectively with family, peers and others <i>H.5.1</i> Demonstrate avoidance, refusal, negotiation and collaboration skills to 	<p>T1 (T1) Develop skills, knowledge and concepts needed to make appropriate decisions to create a healthy and balanced lifestyle.</p> <p>T2 (T2) Communicate effectively based on purpose, task and audience using appropriate vocabulary and body language.</p> <p>T3 (T5) Access, evaluate and use information from various sources to deepen understanding of a given topic.</p>	
	Meaning	
	Understanding(s)	Essential Question(s)
	<p>U1 (U150) The routines you follow have predictable impact on your overall health.</p> <p>U2 (U153) Some relationships do not survive because people change or because they no longer communicate effectively.</p> <p>U3 (U200) How you send and receive information depends on what you are trying</p>	<p>Q1 (Q150) What choices do I make when I am in charge of myself?</p> <p>Q2 (Q151) How do I keep myself safe?</p> <p>Q3 (Q201) How do I listen and respond to others` ideas and suggestions?</p> <p>Q4 (Q203) How do I find the words to speak up for myself? How do I find the words to</p>

<p>enhance healthy relationships <i>H.5.7</i></p> <ul style="list-style-type: none"> • Demonstrate care, empathy, respect and responsibility for others without bias, abuse, discrimination or harassment based on, but not limited to, race, color, sex, religion, national origin, sexual orientation, ancestry, marital status, mental retardation, mental disorder and learning and/or physical disability <i>H.5.5</i> • Demonstrate strategies used to prevent, manage and resolve conflict in healthy ways and identify adults and peers and community resources that might assist, when appropriate <i>H.5.9</i> • Demonstrate the ability to identify positive and negative emotions and analyze the impact on behavior <i>H.5.3</i> • Prioritize and demonstrate strategies for maintaining healthy relationships and solving interpersonal conflicts <i>H.5.6</i> • Use the ability to influence and support others in making positive health choices <i>H.8.4</i> 	<p>to accomplish and who you are talking to. U4 (U201) The way we communicate with one another has a direct effect on the group`s outcome. U5 (U203) The words you choose affect the people around you. U6 (U500) What sources you look at/turn to for information has an impact on your decision-making.</p>	<p>speak up for others? Q5 (Q502) What makes a source trustworthy? Q6 (Q503) How does what I see in the media affect who I am/how I see myself/influence my decisions?</p>
Acquisition of Knowledge and Skill		
Knowledge		Skill(s)
<p>K1 How germs are transmitted</p> <p>K2 Strategies for emergency preparedness and student planning</p>	<p>S1 Plan for an emergency</p> <p>S2 Utilize self protection strategies</p>	