

**Course: Health 3 Self-Contained
Unit 2 - First Aid/Safety**

Year of Implementation: 2021-2022

Curriculum Team Members

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Stage One - Desired Results

Link(s) to New Jersey Student Learning Standards for this course:

{provide all applicable links to standards here}
<https://www.state.nj.us/education/cccs/2020/>

Unit Standards:

2.1 Wellness: All students will acquire health promotion concepts and skills to support a healthy, active lifestyle.

A. A Personal Growth and Development

2.2 Integrated Skills: All Students will develop and use personal and interpersonal skills to support a healthy, active lifestyle.

A. Decision Making and Goal Setting

B. Character Development

C. Health Services and Information

2.5 Motor Skill Development: All students will utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle.

Movement Concepts

Career Ready Practices

CRP1. Act as a responsible and contributing citizen and employee.

CRP2. Apply appropriate academic and technical skills.

CRP3. Attend to personal health and financial well-being.

CRP4. Communicate clearly and effectively and with reason.

CRP5. Consider the environmental, social and economic impacts of decisions.
CRP8. Utilize critical thinking to make sense of problems and persevere in solving them.
CRP9. Model integrity, ethical leadership and effective management.
CRP10. Plan education and career paths aligned to personal goals.

21st Century Life Standards

9.2 Career Awareness, Exploration, and Preparation

9.3 Career and Technical Education

*Health Science Career Cluster

*Human Service Career Cluster

<https://www.state.nj.us/education/cccs/2020/2020%20NJSL-CLKS.pdf>

Transfer Goal: Students will be able to independently use their learning to apply first aid and emergency procedures to act appropriately as a citizen responder.

As aligned with LRHSD long term learning goals:

- maximize independence
- advance and accomplish their personal, educational, and career goals
- self-advocate in real-life situations
- make sound decisions with confidence
- positively contribute to society

Enduring Understandings

Students will understand that. . .

EU 1

Essential Questions

EU 1

properly executed first aid practices can help assist others with various health conditions.

EU 2

accident prevention and awareness can keep themselves and others safe.

- How will you know which first aid technique to use in a given emergency situation?
- How can you help someone in an emergency yet keep yourself safe?
- How can you correctly administer CPR?
- How can you prevent yourself from being at risk when administering first aid to someone?
- How do you respond when someone calls for help?
- When is the appropriate time to call 9-1-1?

EU 2

- Does a safer environment help lead to a safer society?
- What does it mean to be safe?
- How can using safe practices and strategies influence injury prevention?

Knowledge

Students will know . . .

EU 1

- the difference in CPR for an infant, child, and adult. (2.1, 2.2)
- the universal sign for choking. (2.1, 2.2)
- the role of the citizen responder. (2.1, 2.2)
- the information needed when calling 911 or the local emergency number. (2.1, 2.2)

EU 2

- the role of the citizen responder. (2.2)

Skills

Students will be able to. . .

EU 1

- recognize basic skills of CPR and AED. (2.1, 2.2, 2.5)
- recognize symptoms of sudden illness. (2.1, 2.2)
- perform 5 abdominal thrusts and 5 back blows (formerly the Heimlich Maneuver). (2.1, 2.2, 2.5)
- apply direct pressure to external bleeding. (2.2, 2.5)
- demonstrate basic first aid responses for a variety of emergency situations. (2.1, 2.2, 2.5)
- have a conversation with a person on the phone in a calm manner. (2.2)
- recognize an epipen and glucagon injection. (2.1, 2.2, 2.5)

- how to prepare themselves for an emergency. (2.2)

EU 2

- recognize safe versus unsafe emergency scenes. (2.1, 2.2)
- explain all essential criteria to the 911 operator when calling during an emergency. (2.1, 2.2)
- create a first aid kit for preparation purposes. (2.1, 2.2)

Stage Two - Assessment

Other Evidence:

- Practical tests and quizzes
- Posters- sudden illness, respiratory disease
- Role play

Stage Three - Instruction

Learning Plan: Suggested Learning Activities to Include Differentiated Instruction and Interdisciplinary Connections: Each learning activity listed must be accompanied by a learning goal of A= Acquiring basic knowledge and skills, M= Making meaning and/or a T= Transfer.

- Watch and discuss an emergency video pertaining to basic first aid, listing the potential dangers. (A)(EU1)
- Discuss the roles of a Citizen Responder. (A) (EU1)
- Students will write out or describe the correct responses to various accident scenarios. (A/M)(EU1)
- Students will role play a citizen responder's actions in various emergency situations. (M/T)(EU1)
- Students will review their comfort levels for responding to various emergencies. (M/T)(EU1)
- Students will perform practical CPR and choking on mannequins. (M/T)(EU1)
- Students will create a first aid kit. (M/T)(EU2)
- Each student will design a first aid brochure to teach young children about the importance of first aid training. (M/T)(EU2)
- Working in cooperative groups; students analyze how CPR and basic first aid has changed in the last decade. (M)(EU2)

- Students will use online resources to help deepen their overall understanding of first aid and safety care. (M) (EU1, EU2, EU3, EU4)