

Health

4.PCH.4.2

Identify personal protection equipment needed for sports or recreational activities.

Materials Needed:

- Small poster paper for each group
- Pencils
- 4 different colored highlighters for each group
- Sports equipment:
 - A helmet
 - Athletic pads/ shin guards
 - Cleats or running shoes
 - Goggles
 - Catcher's mask
 - Mouth guard

Focus:

What sports and recreation activities do we enjoy in this class? Divide the class into small groups. Give each group a small poster. Ask students to list as many sports and recreation activities as they can think of. Write the list in pen. Share the list as a class.

Has anyone ever had an injury while participating in one of these activities? Allow students time to share stories in small groups or as a class.

Possible list: soccer, softball, baseball, snowboarding, biking, skateboarding, football, basketball, dancing, hokey, skating, lacrosse, skiing, paintball, cheering, rock climbing, fishing, hunting, gymnastics, water skiing, horseback riding, 4 wheeling, volleyball

Statement of Objectives:

Today you will learn about the equipment needed to keep you safe while you are having lots of fun.

Teacher Input:

Display all the samples of safety equipment for several different activities. Start with a discussion about protecting your head. Ask students to highlight in orange every activity on the list that requires a helmet to be safe. Then ask each group to share with the class, discussing why those activities require helmets. (football, baseball, snowboarding, skateboarding, 4-wheeling)

2. Show goggles/ mask. Ask students to highlight activities that require eye protection in yellow. Share and explain why. (skiing, swimming, catcher, lacrosse)

3. Show mouth guard/ mouthpiece. Ask students to put an orange star beside all activities that recommend using a mouthpiece. (football, basketball, bike racing) The American Dental Association has a list you could show students.

4. Show pads. Ask students to highlight in blue every activity that requires some kind of pad to be safe. (football, baseball, soccer, skateboarding)

5. Show cleats or shoes. Have students highlight in green all activities that require special shoes to be safe. (baseball, football, softball, running, dance)

Discuss the rules of good sportsmanship which also help keep students safe: not slinging the bat, anger management and problem-solving skills. Some activities like hunting always require adult supervision.

Assessment:

Display a picture of some cute aliens who have come to spend the day participating in some fun activities. Ask students to write a paragraph listing and explaining the purpose of all the safety equipment needed to participate in two of their favorite activities.

Closure:

Thank you 4th graders for working so well together today in groups. I enjoyed our discussions, and I can tell by your paragraphs that you can identify the safety equipment needed for your favorite activities.