

# 1

## Staying Safe

### LESSON PLAN

#### SPECIFIC OBJECTIVES

The students learn about

- ✧ safety and its need
- ✧ safety rules at different places and different conditions
- ✧ first aid and first aids given in different situations

#### TEACHING AIDS

Pictures/animation showing people/person not following traffic rules on the road; Safety rules to be followed on the road, in playground; Safety rules at swimming pool, home; For handling fire and electrical equipments; First aid given for bruises and cuts and for nose-bleed (as given in chapter)

#### LESSON PLAN

- ✧ The teacher will start the chapter with 'Warm Up' section by asking simple questions on being safe, based on the previous knowledge of students and on the picture shown.
- ✧ Now, teacher will define what an accident is and explain the need of safety to avoid accidents.
- ✧ With the help of teaching aids, teacher will explain safety rules at different places (as given in chapter).
  - ▶ On the road: Teacher will show the pictures/animation on people not following traffic rules on the road and explain that most of the road accidents occur because of not following traffic rules. Teacher will show the pictures/animation related to the safety rules to be followed while on the road (as given in chapter).
  - ▶ In playground: With the help of teaching aids, teacher will explain different safety rules to be followed in playground (as given in chapter).
  - ▶ In swimming pool: Teacher will explain different safety rules to be followed while swimming (as given in chapter).
  - ▶ At home: Teacher will define different safety rules to be followed at home (as given in chapter).
- ✧ With the help of teaching aids, teacher will explain some precautions to avoid accidents due to electrical equipments (as given in chapter).
- ✧ Before starting on first aid, teacher will explain that an injured person needs immediate help to stop further loss.
- ✧ Teacher will explain and show pictures/animation on first aid given for different injuries.
  - ▶ Teacher will explain what the bruise is and the first aid given for bruises, cuts or wounds.
  - ▶ Teacher will explain what first aid should be given at the time of nose-bleed.
- ✧ Now, to check the understanding of students about the chapter, teacher will ask them to solve the 'Checkpoint' given at the end of chapter.

- ✧ The teacher will sum up the chapter by going through the points given under the head 'At One Go'.
- ✧ Finally, the teacher will help students to solve all the exercises given under the head 'Check Your Study'.

### **BOOST UP**

- ✧ Teacher can add more places and situations, other than those given in the chapter, where safety rules should be followed.
- ✧ Teacher can arrange plays for students on different situations and the related safety rules to be followed.
- ✧ Teacher should arrange debates on road safety and encourage students to give their own views for the betterment of road safety rules.
- ✧ Students should be encouraged to collect pictures of different road signs and learn their meanings.

### **EXPECTED LEARNING OUTCOMES**

The students

- ✧ understand safety and its need.
- ✧ know about safety rules to be followed at different places and in different conditions.
- ✧ understand about first aid, its need and know about first aid given in different situations.

### **EVALUATIVE QUESTIONS**

The teacher may ask the following questions for evaluating learning and understanding of students:

1. What is the need of safety?
2. Why does an accident occur?
3. Where should we walk if there is no footpath?
4. Where should we cross the road?
5. How is medical plaster tape useful?
6. What is first aid?
7. What is a bruise?

