

# POP! TEACHER RESOURCE

## Lesson Plan

### Safety in Sports

Lesson Plan for *Water Safety*

Grade 1

#### Objective

To help students identify the reasons behind common safety tips for swimming, and to create a list of safety tips for another sport.

#### Things Needed

- Multiple copies of the *Water Safety* book
- Pencils and paper

#### Before the Activity

Divide students into groups of four. Give one copy of the *Water Safety* book to each group.

#### Activity

To start, students will read through the *Water Safety* book in their groups. Have students take turns reading out loud. Each student can read one chapter. Then come back together as a class. Ask students the following questions:

- What are some tips for staying safe while swimming? (Answers: Never swim alone. Check the water before getting in. Walk on wet floors instead of running. Don't jump too close to others in the water. Don't dive in shallow water.)
- What problems or injuries do these tips help prevent? (Answers: having no one there to help if you're in trouble, getting hurt by something hidden underwater, slipping and falling, hurting others by jumping on them, hurting yourself by hitting the bottom)



Next, have students turn to page 13 and look at the Pool Safety checklist. It lists four ways that people can stay safe while swimming. Ask students to create a safety checklist for another sport. It should explain four ways that people can stay safe or avoid getting hurt while playing this sport. The checklist should be a list of four complete sentences. Like the example on page 13, each sentence should give a different tip.

### **Evaluation**

Collect the safety checklists. Award students 2 points for each sentence on their safety checklist, for a total of 8 points.

### **Standards**

This lesson plan may be used to address the Common Core State Standards' reading standards for informational texts, grade 1 (RI 1.2, 1.3).

