

That Hurts!

LESSON PLAN OVERVIEW

SUGGESTED GRADE LEVEL	K	1	2	3	4	5	6	7	8
SUGGESTED TIME	one class period								
SETTING	auditorium	classroom	gymnasium		outside				
LEARNING STYLE ACCESS	auditory		kinesthetic				visual		

OVERVIEW

During this lesson students will become aware of activities that could be potentially dangerous or fatal.

MATERIALS

“That Hurts” student handout, “That Hurts” safety questions, small band-aids, 5x8 cards or blank paper

VOCABULARY

accident, EMT, moderator

MODIFICATIONS FOR CHILDREN WITH DISABILITIES

None needed

MODIFICATIONS FOR USE IN LOW INCOME SCHOOLS

None needed

IMPRESSIONS

The handout could be reworded to be a little less scary.

SOURCE

SR2S Kentucky

SAFE ROUTES TO SCHOOL

That Hurts! Lesson Plan



Grade Level:	3-5
Subject Areas:	Reading, Practical Living/Vocational Studies
Core Content:	RD-(EP,04,05)-2.7, PL-(04,05)-1.4.01
Overview:	During this lesson students will become aware of activities that could be potentially dangerous or fatal.
Suggested Time:	1-2 class periods
Materials Needed:	That Hurts Student Handout That Hurts Safety Questions Small Band-Aids 5x8 cards or blank paper
Vocabulary:	accident, EMT, moderator

Activities:

1. Discuss accidents involving bicycles, buses, cars, skateboards, trains and pedestrians. Ask students if they have ever been injured by a vehicle. Discuss how the accidents could have been prevented.
2. Distribute the handout "That Hurts!". Have students read the descriptions and identify what modes of transportation were being used. Be sure to discuss how the collisions could have been prevented.
3. Divide the class into teams of four to six students. Have each group choose a secretary, an EMT and a crash victim. Give each team a stack of 5x8 cards and an ample supply of band-aids.

Rules of the game:

- The moderator will ask a series of transportation safety questions.
 - As a team, students will decide upon the correct answer and the secretary will record it on a 5x8 card. When a signal is given, the answers will be displayed.
 - For every incorrect answer, the team's EMT will place a band-aid on the crash victim's forehead. At the end of the game, the team whose crash victim has the fewest band-aids will be declared the winner.
4. Discuss the correct answers to each of the transportation safety questions.



SAFE ROUTES TO SCHOOL

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Lesson Plan

Extension:

- Invite a member of the local EMS to visit the class and discuss his or her job and accidents he or she may have experienced that could have been prevented.





That Hurts!

Student Handout

Name _____

Preventable Collision 1

A group of middle school students were horsing around on their way home from school. Waiting for the light to change at an intersection, Tom stepped backward into the street to keep from being whacked on the head with a biology book. Just then a car made a right-hand turn and hit him with its bumper. The impact threw the student into the air and onto the curb. A dental surgeon repaired and implanted his front teeth. An orthopedic surgeon repaired his leg and pelvic bones.

Transportation _____

Preventable Collision 2

The brothers were only three blocks from home. Hugh had finished arguing with his brother about whether to tune in to KNRK or KISN and was just fastening his seat belt when his brother Alan swerved into the other lane to avoid a squirrel. They hit an oncoming vehicle. There were three crashes within less than two seconds: the two vehicles slamming together, Alan's head slamming against the windshield and his internal organs slamming against his skeletal structure. For the most part, the scars on his skull and forehead don't show, but even after three months, he is wearing a neck brace and is still in serious pain.

Transportation _____

Preventable Collision 3

The front wheel of Tom's vehicle slipped into the pavement expansion joint on the Morrison Bridge just past the entrance to the I-75 freeway. He was thrown off, but luckily not into traffic. Unfortunately, Tom's head bounced against the pavement. Because of his bruises and facial swelling, his parents didn't recognize him at the emergency room.

Transportation _____

Preventable Collision 4

Susan spotted her friend waiting at the station on the opposite side of the street. She darted across the tracks. The operator did not have time to warn her or apply the brakes. You don't want to know the details.

Transportation _____

Preventable Collision 5

Samantha thought that jumping the curb wasn't a big deal until a nurse had to pick the gravel out of her kneecap and shin. Over the next few weeks the wound stuck to the inside of her jeans, the shower water stung like an acid burn and the whole wound cracked open and started to seep when she bent down to put her clothes in the dryer.

Transportation _____





Safe Routes to School That Hurts! Safety Questions

1. Must bicycles follow the same rules as other vehicles?
Answer: Yes
2. By law, bicyclist must ride on which side of the street?
Answer: Right side
3. What piece of biking equipment is designed to cushion the head during a fall?
Answer: Bike helmet
4. Of the 800 people per year in the U.S. who die from bike crashes, what type of injury do most sustain?
Answer: A head injury
5. What type of clothing should cyclists wear to be seen by drivers?
Answer: Bright clothing; neon and fluorescent are also acceptable
6. How do bicyclists communicate with other drivers?
Answer: Hand signals
7. All bus and train operators have what means of communication to call for help in case of an emergency?
Answer: A telephone
8. Yes or No? Buses only stop at designated bus stops.
Answer: No. If you are riding the bus at night by yourself, the driver will let you off anywhere on the route that is safe.
9. A train going 45 miles an hour needs what distance to stop: ten yards, one block or five blocks?
Answer: Five blocks
10. If you feel threatened by someone at a bus stop who is getting on the same bus, where should you sit once you board?
Answer: Near the driver
11. Which is the most common cause of skating injuries: showing off, irregularities in riding surfaces or traveling at high speeds?
Answer: Irregularities in the riding surface



12. What percentage of injured skateboarders is male: 90%, 75% or 50%?
Answer: 90%
13. The most common skateboard injury is to the head, elbows or wrist?
Answer: Wrist
14. A reason children below the age of five should not ride skateboards is because they have big heads. True or false?
Answer: True
15. Are more males or more females killed in pedestrian accidents?
Answer: Males
16. If there is no sidewalk, should a pedestrian walk facing or not facing the traffic?
Answer: Facing the traffic
17. If you are crossing an intersection on foot, what is the best way to make certain a driver making a right hand turn sees you?
Answer: Make eye contact
18. What should you do if the DON'T WALK signal begins to flash once you have started to cross the street?
Answer: Keep Walking
19. What is the word for crossing the street at any point other than at a marked crosswalk or corner?
Answer: Jaywalking

