Grade 5 Sample Lesson Plan:
Unit 1 – Be A Role Model for Injury Prevention

SOLs
• 5.1.M Analyze why people choose not to follow safety rules at home, at school, and in the community.
• 5.3.F Examine the role of self and others in causing or preventing injuries.

Objectives/Goals
• Students will understand the importance of personal responsibility and advocacy for preventing injuries.

Materials
• Whiteboard, blackboard, flipcharts, etc. for making notes visible.
• *StreetSmart Think First for Kids* Video

Procedure
• Play the *StreetSmart Think First for Kids* Video
  https://www.youtube.com/watch?v=1qFUH6iJldA
• Have the following guided conversation with students:
  o How was StreetSmart a role model?
  o What safety rules that were introduced in the video?
  o What are other home, school or community safety rules?
  o Remind students of key home, school, or community safety rules.
  o Why are safety rules important?
  o Remind them that in the news everyday there are accounts of people being injured because they didn't follow safety rules or guidance.
  o Why do some people choose not to follow safety rules?
  o How does one person’s unsafe behavior cause injuries to others?
• Ask each to describe how they or others would persuade someone to use injury prevention measures or follow school, home and community safety rules.
• Throughout the conversation, make visible notes of student responses (e.g., whiteboard, blackboard, flipcharts)
• End with encouragement to students to follow safety rules.
**Assessment Idea**
- Did each student respond with a role for themselves or others in preventing injuries?

**References**
- National Head and Spinal Cord Injury Prevention Program  
  [www.thinkfirst.org](http://www.thinkfirst.org)
- Street Smart-Think First for Kids Video  
  [https://www.youtube.com/watch?v=1qFUH6jIl4A](https://www.youtube.com/watch?v=1qFUH6jIl4A)

**Handout**
The next page includes a handout for the lesson. The handout is designed for print use only.