

LINCOLN PUBLIC SCHOOLS
Wellness Learning Expectations: Grades 3-5

**Strand:
Safety and
Prevention**

**Mass Standard 8 :
Disease Prevention
and Controls**

Students will learn the signs, symptoms, and treatment of chronic and communicable diseases, and will gain skills related to health promotion, disease prevention, and health maintenance.

Big Ideas:

- ❑ Disease prevention is important for good health.
-

Key Outcomes:

- ❑ Gr. 3: Students will demonstrate an understanding of **how to keep teeth healthy** by brushing and flossing teeth models and explain why they need to have healthy teeth.
- ❑ Gr. 4: Students will demonstrate an understanding of **cleanliness and hygiene** by explaining how to keep their body, clothes and rooms clean and why this enhances their health and well being.

LINCOLN PUBLIC SCHOOLS
Wellness Learning Expectations: Grades 3-5

**Strand:
Safety and
Prevention**

**Mass Standard 9:
Safety and Injury
Prevention**

Students will gain the knowledge and skills to administer first aid and carry out emergency procedures, including cardiopulmonary resuscitation, will avoid, recognize, and report verbal, physical and emotional abuse situations, and will assess the factors that contribute to intentional and unintentional injury, including motor vehicle accidents, fire safety, and weapons safety.

Big Ideas:

- Safety rules and regulations are important for injury prevention.
-

Key Outcomes:

- Gr. K-5: Students will demonstrate an age appropriate understanding of **the importance of fire safety, bus safety and personal safety** by taking part in fire drills, bus drills, lock down drills and role playing personal safety situations.
- The students will demonstrate an age appropriate understanding of the **emergency number 911** by role playing different situations where they would dial 911 and listing the times to use 911.
- The students will demonstrate an age appropriate understanding of **personal responsibility for their actions** through role-playing different situations.

LINCOLN PUBLIC SCHOOLS
Wellness Learning Expectations: Grades 3-5

**Strand:
Safety and
Prevention**

**Mass Standard 9:
Safety and Injury
Prevention**

Students will gain the knowledge and skills to administer first aid and carry out emergency procedures, including cardiopulmonary resuscitation, will avoid, recognize, and report verbal, physical and emotional abuse situations, and will assess the factors that contribute to intentional and unintentional injury, including motor vehicle accidents, fire safety, and weapons safety.

Big Ideas:

- Knowing how to protect oneself in difficult or dangerous situation is an important lifelong skill.
-

Key Outcomes:

- Gr. K-5: Students will demonstrate an age appropriate understanding of the **difference between a safe touch, unsafe touch or inappropriate touch** by explaining what each one looks and feels like.
- The students will demonstrate an age appropriate understanding of using **refusal skills and being assertive** by role playing different situations where they will need to yell or flee and by discussing these situations.

LINCOLN PUBLIC SCHOOLS
Wellness Learning Expectations: Grades 3-5

Strand:
**Safety and
Prevention**

Mass Standard 9:
**Safety and Injury
Prevention**

Students will gain the knowledge and skills to administer first aid and carry out emergency procedures, including cardiopulmonary resuscitation, will avoid, recognize, and report verbal, physical and emotional abuse situations, and will assess the factors that contribute to intentional and unintentional injury, including motor vehicle accidents, fire safety, and weapons safety.

Big Ideas:

- Emergency situations require specific responses that will help students stay safe.
-

Key Outcomes:

- Gr. K-5: Students will demonstrate an age appropriate understanding of **universal precautions for cleaning or touching blood and bodily fluids** by listing what should happen when there is blood or bodily fluids near them.
- The students will demonstrate an age appropriate understanding of **dealing with non-life threatening injuries such as applying ice or a band-aid to an injury** by listing when you need to apply ice to an injury and showing how to use a bandage.
- The students will demonstrate an age appropriate understanding of **allergies such as food and bee stings** by listing what should happen if there is an allergic reaction.
- The students will demonstrate an age appropriate understanding of **playground safety** by listing the playground rules and playing appropriately at recess.