

Rec Protect

Learning Objectives

- I can explain appropriate protective gear when engaged in physical activities such as cycling, rollerblading, skateboarding, and water sports. (4.1j)
- I can explain the health consequences of not following safety practices for recreational activities. (4.2j)
- I can promote safe participation in recreational activities. (4.3j)

Teacher Notes

- Vocabulary
 - Skateboard - Narrow board with 4 small wheels
 - Bike - Narrow cycle with 2 wheels
 - Rollerblade - Skates with 2-4 wheels
 - Helmet - A hard or padded protective hat
 - Knee Pads - A protective covering for the knee
 - Elbow Pads - A protective covering for the elbows
 - Shoes - A covering of the foot made of leather
 - Scrapes - A rub or cause to rub by accident against a rough or hard surface, causing damage or injury.
 - Concussion - Temporary unconsciousness or confusion caused by a blow on the head.
- Teacher can pause in between each word to check for understanding as well as after going over how to play the activity.

Lesson Steps: Video Outline

[Rec Protect Video](#)

Step 1 Introduction

- Can you name 3 different protective gear when participating in recreational activities?

Step 2 Activity

- Students will perform exercises for each recreational activity depending on what they see on the screen. [Rec Safety Activity pptx](#)



- Skateboard - Lunges
- Cycling - Bicycles
- Rollerblades - Skates
- Water Sports - Swim

Step 3 Closure

- How can you be safe during recreational activities?
- What will happen if you aren't wearing protective gear while participating in recreational activities?

Assessments

- Informal chat with students figuring out what they know about safety when riding a bike, skateboard, or using rollerblades.
- How can you be safe during recreational activities?
- What will happen if you aren't wearing protective gear while participating in recreational activities?

Extensions/Connections/Applications

- Go even faster in switching to each slide

Resources/References

- [Rec Safety Activity pptx](#)