

Unit: Health and Safety

Fall Prevention

Objectives

Ps will learn vocabulary related to fall prevention.
 Ps will identify dangerous situations related to falling.
 Ps will learn fall prevention strategies. (Safe or dangerous)

Materials

- **Large flashcards**
- **Mini picture flashcards**
- **Vocabulary words sheet**
- **A rubber-backed mat to explain safe mats**

Step 1 Warm Up (15 minutes)

Learn the vocabulary for fall prevention:

Write the word **fall** on the board and say it out loud, encouraging Ps to repeat after you. Ask if anyone knows what it means. Someone might say it is a season. (It is not necessary to teach the word prevention; Ps should catch on to the concept eventually.) Show some of the large flash cards of someone falling, point to the word fall, underline it, and say “Oh no! He-she falls/ has fallen/ has lost his balance!” several times. Incorporate the word **balance** into the lesson often so Ps can learn the meaning and its importance to fall prevention. Say “today we are going to talk about losing our balance and falling.”

There are several vocabulary words, so this plan could be used and repeated over 2 or 3 classes.

Step 2 Work out (60 minutes)

- **Safe or Dangerous:** Write the words Dangerous and Safe on the board leaving room to make two columns. Choose five or six of the large flashcards to introduce, some dangerous, some safe. Have Ps repeat the words several times as you show them the flashcards. Tape the large flash cards on the board under the appropriate word, saying “ _____(the vocab word) is dangerous, (not good, no) _____(the vocab word) is safe, (good, yes)” to show the difference using very simple language and vocabulary. Have Ps repeat the vocab words after you and to each other.
- Take down the photos and give one to each P and ask them to tape them up under the correct word, asking “Is it safe or is it dangerous?” Go through this exercise until everyone gets a chance to go to the board at least once or twice with a different card.
- **Pairs:** Hand out the mini flashcards of the words you are teaching today to each pair. Show the large flashcard and say the word/s and let them find the mini picture flashcard

and repeat the words several times. Write the words on the board and let Ps find them and match them to the picture flashcard. Provide assistance where necessary. Check pronunciation. Ask “Is it safe or dangerous?”

- Repeat the words asking the Ps to point to the mini card.
- Ask Ps to repeat as many of the words as they can to each other.

Step 3 Cool Down (15 minutes)

Recap:

- Hand out vocabulary worksheet.
- Ask Ps to make a checkmark beside the vocabulary words they learned today as you say them.
- Repeat these activities over 2 or 3 classes until all the vocab has been learned, reviewing along the way.
- As Ps become comfortable with the vocabulary, ask them about their experiences with falling, or if they practice fall prevention strategies, and if they have safe footwear, safe mats, or a proper step stool etc.