

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.

Materials

- **Large flashcards**
- **Public Health Agency of Canada pamphlet You can prevent falls!**
- **Jigsaw:** for pages 2, 3 Public Health Agency of Canada pamphlet **You can prevent falls!** (You can find the instructions for a jigsaw exercise in the A&O curriculum under Other/Games)
- **Worksheet:** Fall Prevention Strategy checklist

Step 1 Warm Up (15 minutes)

Introduction to fall prevention: (Note: this lesson plan could be used over 2 or 3 classes)

- Give one large flashcard to each P, or they can share with their neighbour if there are not enough. Ask each P (or pair) to give a brief description and pass their card on until everyone has seen all of the cards. Elicit comments about the cards regarding personal safety. Write the responses on the board. Ask if anyone would like to predict today's topic, When you get something resembling fall prevention, underline it, then write the words **fall prevention**. Check to see if everyone understands the nature of the topic. Do they understand the word prevention?
- Ask if anyone (2 or 3 Ps) would like to share a personal, or a friend's experience, with falling, or share one of your own.

Step 2 Work out (60 minutes)

Reading:

- Hand out copies of the Public Health Agency of Canada pamphlet **You can prevent falls!** Allow a few minutes for Ps to quickly scan the first page and underline words they do not recognize. Have Ps read a sentence or two each of the first page only aloud and discuss any underlined words. Elicit definitions from Ps before you give a definition yourself.

Discussion

- In groups of three or four, have Ps discuss and make a list of three or four strategies they personally use to prevent falls. Once each group has two or three, ask one group for one strategy they have on their list and write it on the board. Ask another group for a different strategy. Go around the room until you have all of the different strategies they have thought of.
- Look at pages 2, 3 of the pamphlet. Tell Ps that it is a lot of reading but they will read



only small sections in groups. Create a jigsaw exercise (you can find this in the Other/Games section of the curriculum) for pages 2 and 3.

- Read page 4 together as a group as you did for page 1.
- Handout the Fall prevention strategy checklist. Put Ps in pairs and have them ask each other the questions on the checklist alternating back and forth.

Step 3 Cool Down (15 minutes)

Recap: Review as a group whatever materials you covered today.