

Severe Weather

Lesson Title: Duck and Cover

Grade Level: PK – 2nd Grades

Objective: Students will be able to list or define safety areas during the time of severe weather.

Oklahoma Health Education Standard(s):

Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.

Equipment:

None

Quick Facts:

- The proper techniques to take cover during severe weather are:
 - **(Show safety positions with pictures and demonstration)**
 - **Inside School= Ball position- face wall. Ex: bathroom or hallway**



- **Outside = Lay flat position, protect head, check surroundings for an open area.**
- **Culvert pipes-**



- **In Home = locate innermost room with no windows or glass and take pillows, blankets, or mattress to protect self with family.**

Activity:

1. Have designated areas in the gym that serve as shelters/covers for this activity.
2. Students should spread out around the gym and be aware of a start signal. On the start signal, have students perform a locomotor movement such as leap, slide, walk, run, skip, gallop, jump, or hop.
3. On the stop signal, give them a type of severe weather. Students must take the appropriate cover for the specific weather situation.
4. If they perform the correct action, they move on to the next locomotor movement. If they get it wrong, they must go outside of the activity area and do 10 jumping jacks or 5 pushups. Then they can join back into the game.



Lesson Title: Flooding Safety

Safety Topic: Severe Weather

Grade Level: 3rd – 6th Grades

Objective: Students will be able to list or define safety areas to be at during the time of severe weather.

Oklahoma Health Education Standard(s):

Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.

Equipment:

None

Quick Facts:

- The proper techniques to take cover during severe weather are:
 - o **(Show safety positions with pictures and demonstration)**



- o **Inside School= Ball position- face wall. Ex: bathroom or hallway**
- o **Outside = Lay flat position, protect head, check surroundings for an open area.**



- o **Culvert pipes-**
- o **In Home = locate innermost room with no windows or glass and take pillows, blankets, or mattress to protect self with family.**

Activity:

1. Start with 2 students who will be the start of the “flood” (taggers).
2. When the students who are the flood tag another student, they become part of the flood.
3. The goal off the taggers is to make everyone part of the flood.
4. However, there are safety areas that are representative of “high ground”. A student can stay in the safety area for 5-10 seconds and the flood must move on (recede). Then the student goes back into the game.

