

# Fall Safety

**Lesson Title:** Tallest Kid in the Room

**Safety Topic:** Fall Prevention

**Grade Level:** PK – 2<sup>nd</sup> Grades

**Objective:** Students will be able to improve their balance and coordination.

**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.

*Standard 7:* Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

**Equipment:**

Paper plates

Bean bags

Small pillows

Styrofoam Cups

Cones

**Quick Facts:**

- Never crawl on furniture, window sills, or any other object that is not meant to be climbed on; especially if they are unstable.
- If you are ever unsure about something, always ask an adult!
- Always stay seated and do not stand in chairs, especially ones that spin.
- Walk slowly and pay attention on wet surfaces.

**Activity:**

1. Adding one paper plate at a time, see how many students can balance on their head without dropping them, making them taller and taller.
2. Can they stand on their tip toes at the very end for an extra inch or two? Once they have mastered paper plates, try balancing other items such as bean bags, pillows, or styrofoam cups.
3. Still too easy? Challenge them to walk around while balancing the objects on their head! You can also set up cones for them to walk around to add difficulty.



**Lesson Title:** Intro to Yoga

**Safety Topic:** Fall Prevention

**Grade Level:** 3<sup>rd</sup> – 6<sup>th</sup> Grades

**Objective:** Students will be able to improve their balance, coordination, and flexibility.

**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.

*Standard 7:* Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

**Equipment:**

Tumbling or yoga mats

Cones (if possible with stands)

Print outs of different yoga poses

**Quick Facts:**

- Never crawl on furniture, window sills, or any other object that is not meant to be climbed on; especially if they are unstable.
- If you are ever unsure about something, always ask an adult!
- Always stay seated and don't stand in chairs, especially ones that spin.
- Walk slow and pay attention on wet surfaces.

**Activity:**

1. Yoga has been shown to improve balance, coordination, and flexibility. Start the activity by demonstrating the poses with your class.
2. Have mats spread out across the gym and give students room to attempt different poses. Have pictures of different poses around the mats that they can move from station to station.
3. You can have students move through individually or have pairs so they may assist each other. Challenge them to hold each pose for 20-30 seconds.
4. Once they have mastered those poses, you can introduce more difficult poses.
5. Some poses that help improve balance are:
  - a. Mountain Pose
  - b. Chair Pose
  - c. Tree Pose
  - d. Angled Crescent Lunge
  - e. Eagle Pose
  - f. Downward Facing Dog Pose
  - g. Warrior Pose

# MOUNTAIN POSE



# CHAIR POSE

chair

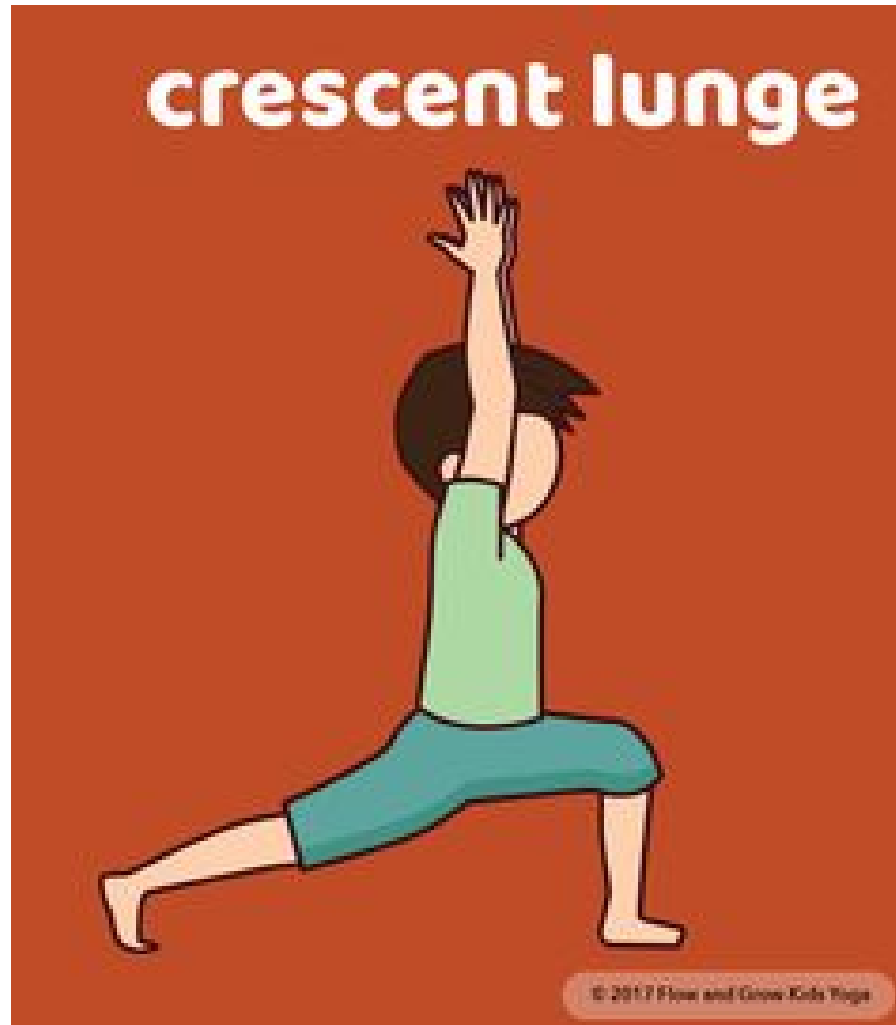


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# TREE POSE



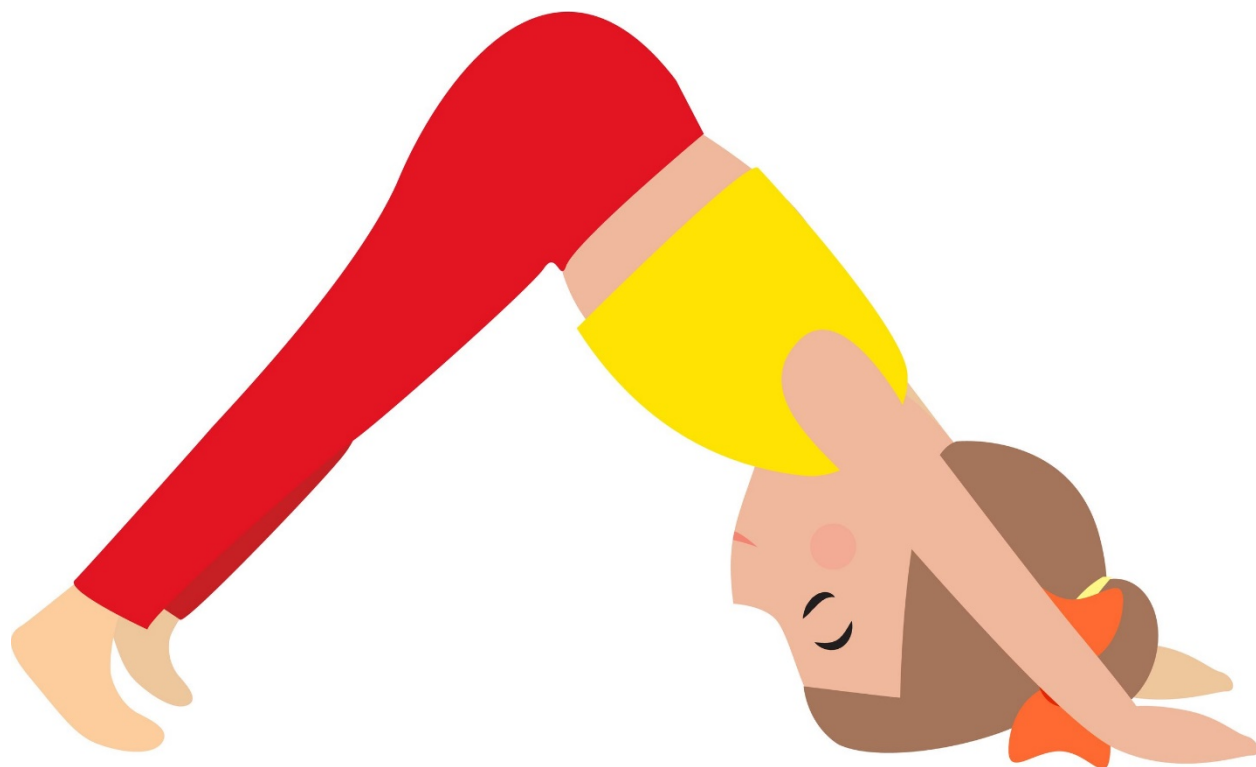
## CRESCENT LUNGE POSE



# EAGLE POSE

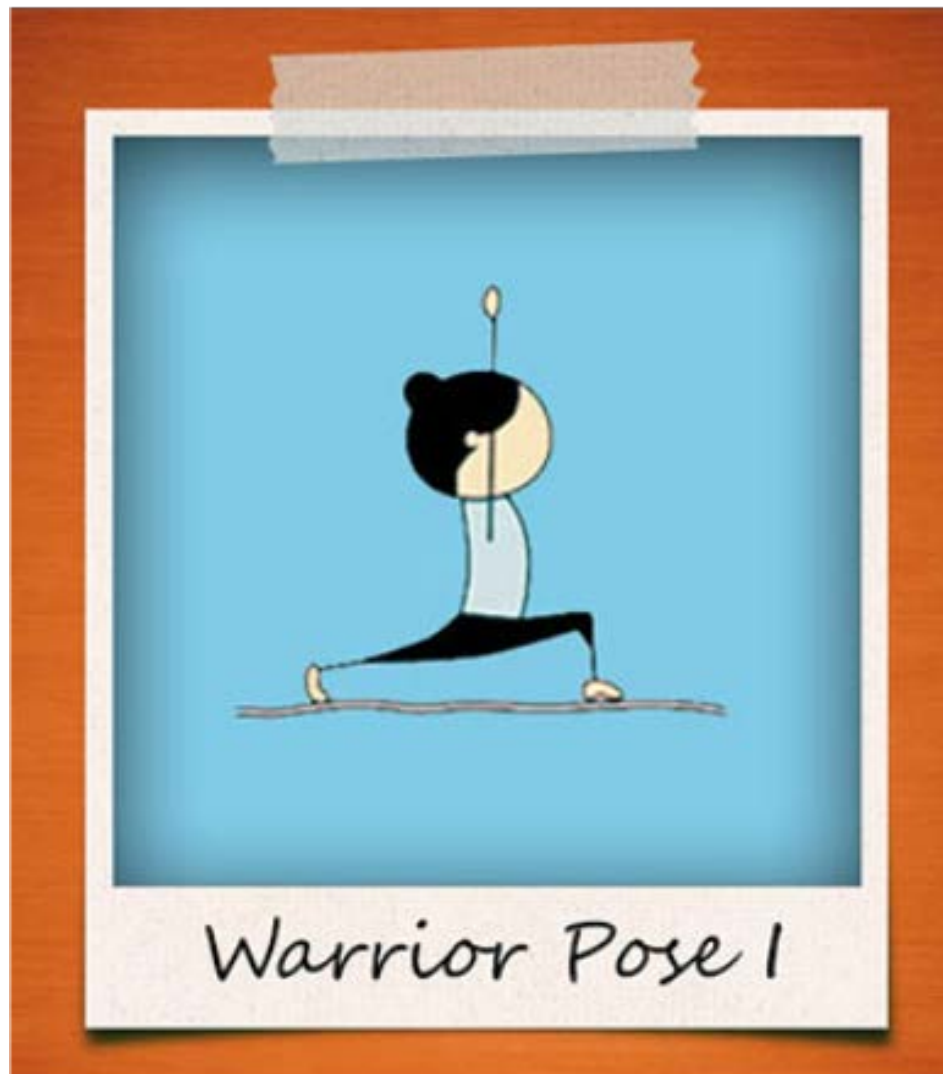


# DOWNWARD FACING DOG POSE





# WARRIOR POSE



Warrior Pose 1