



**For
Special
Ed**

PHYSICAL HEALTH AND FIRST AID



ALSO INCLUDES GOOGLE SLIDES



This unit was created with this guy in mind. He has autism and an intellectual disability. He is a non-reader and loves the sound of piano keys but HATES to exercise. With some support, he is able to do this unit and enjoys the challenge. He is my tester!!

Physical Health Unit for Special Education



by
Christa Joy
Special Needs for Special Kids

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Also included in this resource as separate files:

- Lesson plans
- Links and directions to digital activities
- PowerPoints (these are the books in the lesson plans)
- Voice recorded PowerPoint
- Activities in black and white

This unit contains over 200 pages of material. I have included a detailed lesson plan to help you make the most of everything in this unit including how to add some group activities.

It comes in 2 separate files. One in color and one in black and white.

Physical Health and First Aid Lesson Plan

Preparation

- Print out a vocabulary board for each student to use throughout unit
 - Laminate or place in page protector
- Book
 - Print out, laminate, and bind
 - OR your students can listen to the pre-recorded version
- Vocabulary cards
 - Print out a set of cards onto cardstock and laminate
 - Make one set for each student **and also** one for the teacher to use in I Spy games

Preassessment (do day 1 before starting lesson)

- Choose the form of the assessment that best fits the learning level of your students
- Give the assessment to assess what your students may already know
- I cannot emphasize enough how important this step is. If you want to see growth, this preassessment is so important!!

Teaching Tips

1. *Color Coding:* this is a really easy way to add more structure to a matching activity. Outline or color in an empty box or sorting label. Outline or color in the corresponding picture symbols the same colors. Becomes a color matching task.
 - a. For more info, read more here:
<https://specialneedsforspecialkids.org/2015/09/05/using-color-coding-for-differentiation/>
 - b. I also have a blog post on differentiating one activity 3 ways:
<https://specialneedsforspecialkids.org/2018/10/22/differentiating-1-activity-3-ways-easily-and-effectively/>
2. *Make your own copies of the activities:* Every day I review the activity we did yesterday. For that reason:
 - a. I often complete the activity myself and often laminated it for easy review that I could use year after year.
 - b. My copies were also helpful as either a model for students who needed more support or as a way for more advanced students to self-check their work.

The lesson plans contain:

Overall tips for teaching
students with significant
needs

Quick Look

Day	Activity	Day	Activity
1	<ul style="list-style-type: none"> • Book • Vocab cards introduction • Circle map 	8	<ul style="list-style-type: none"> • Book • Vocab cards activity • Sequencing activity
2	<ul style="list-style-type: none"> • Book • Vocab cards activity • Sorting activity 	9	<ul style="list-style-type: none"> • Book • Vocab cards activity • Sequencing activity
3	<ul style="list-style-type: none"> • Book • Vocab cards activity • Sorting activity 	10	<ul style="list-style-type: none"> • Book • Vocab cards activity • When to call 911
4	<ul style="list-style-type: none"> • Book • Vocab cards activity • Sorting activity 	11	<ul style="list-style-type: none"> • Book • Vocab cards cut and paste • Vocabulary puzzle
5	<ul style="list-style-type: none"> • Book • Vocab cards activity • Physical Health pledge 	12	<ul style="list-style-type: none"> • Book • Vocab cards cut and paste • Vocabulary puzzle
6	<ul style="list-style-type: none"> • Book • Vocab cards activity • Circle map 	13	<ul style="list-style-type: none"> • Book • Vocab cards activity • Close worksheet
7	<ul style="list-style-type: none"> • Book • Vocab cards activity • Sorting activity 	14	<ul style="list-style-type: none"> • Book • Vocab cards activity • Close worksheet
		15	<ul style="list-style-type: none"> • Assessment

The lesson plans contain:

A quick look at what you will do each day

Day 2

Activity	Notes	Materials
Read or listen to a recording of the book: Physical Health (15 minutes)	<ul style="list-style-type: none">• Read through the story, asking lots of questions• Continue to make connections between book and vocabulary board	<ul style="list-style-type: none">• Book• Vocabulary board
Vocabulary cards I Spy Game (10 minutes)	<ul style="list-style-type: none">• Determine how many cards your students can handle in front of them. This can vary, some students may be able to have all the cards, so may only be able to handle a field of 3-5• Discuss relevant points on the card<ul style="list-style-type: none">◦ You can also play this game in this manner having them find the symbol on their vocabulary board	<ul style="list-style-type: none">• Vocabulary cards (student set and teacher set)• Vocabulary board
Circle map review (5 minutes)	<ul style="list-style-type: none">• Review the circle map completed yesterday	<ul style="list-style-type: none">• Circle map completed yesterday
Sorting activity (10 minutes)	<ul style="list-style-type: none">• Do the sorting activity that looks at difference between active lifestyle and exercising.• Add color coding if needed (instructions included in activity)• Make connections to the book as necessary	<ul style="list-style-type: none">• Sorting activity• Scissors• Glue
Sharing (10 minutes)	<ul style="list-style-type: none">• Each student shares their circle map with the group using the communication method of their choice	<ul style="list-style-type: none">• Completed circle maps• Communication devices

The lesson plans contain:

Detailed instructions on how that day's lesson should run

This unit comes with a vocabulary board.

Vocabulary boards are great for ALL students to assist with participation and engagement in group discussions.

Tips on how to use in the unit!!



Living an **active lifestyle** refers to how active you are through out the day.



What you put into your body is one of the most important things you can do for your physical health.



There are 2 books with this unit using simple text and photos. This one is 45 pages on overall physical health.

Both come in pdf versions as well as a voice recorded powerpoints (so you don't have to print it out.)

There may be times you find yourself in a situation where you or someone else is hurt. You need to know how to help them if this happens.



An **abrasion** is a scrape that often happens when a person falls down. There may be a small amount of bleeding, but not a lot.



There is also a 22-page book on First Aid.

physical health

Ability to take care of your body with sleep, exercise, and healthy foods.



active lifestyle

When you move a lot throughout your day.



destination

Where you are trying to get to.



food pyramid

Tells you how much of each food group you should eat a day.

pressure

Pushing down steadily.



burn

Injury to the skin caused by hot.



fragile

Easily hurt or broken.



seizure

When a person falls down, cannot respond, and may shake.



There are 16 vocabulary cards that come in color and black and white.

Included are suggestions for group activities to do with these each day.

protein

Found in meat and nuts. Keeps you strong and healthy.



habit

Something you do on a regular basis.



hygiene

Staying clean, including washing hands, brushing teeth and showering.



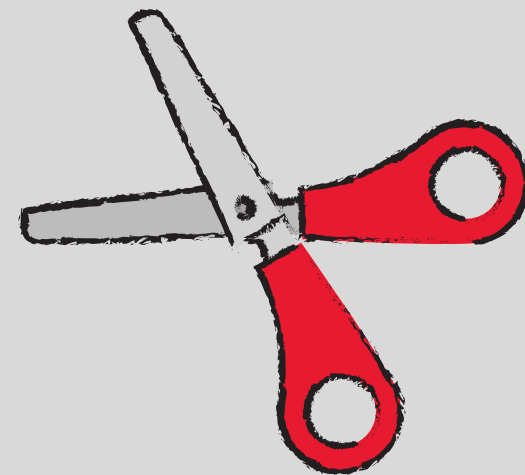
bacteria

Very small organisms you cannot see that can make you sick.

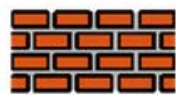


Christa Joy, Special Needs for Special Kids
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On days 11&12 there is an activity where students will match either the picture to the definition or the definition to the picture (harder).



defense



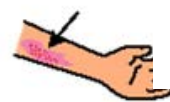
first aid



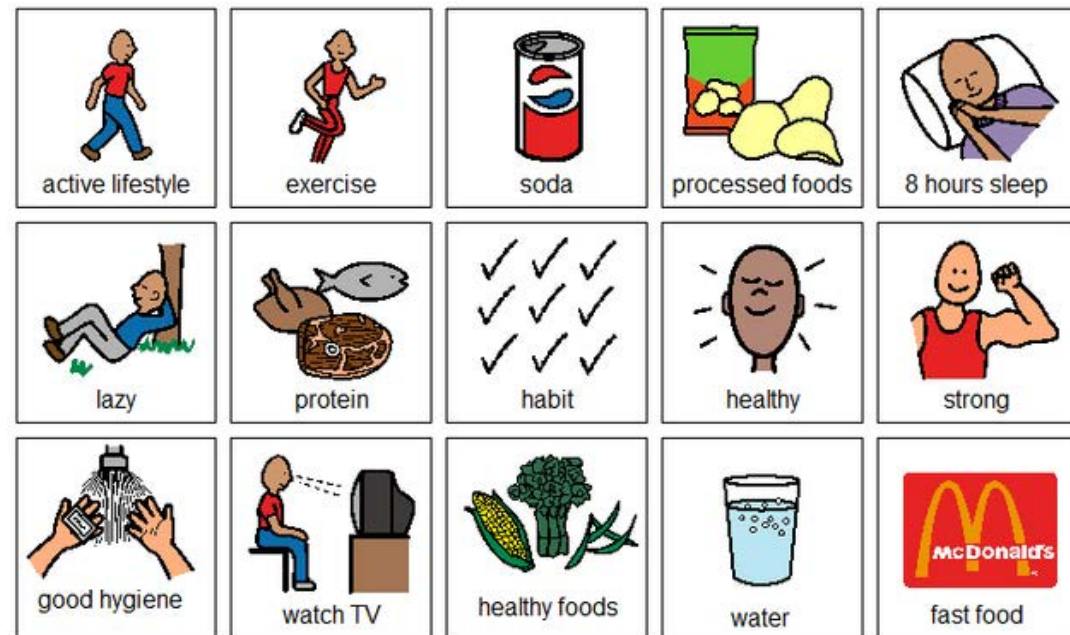
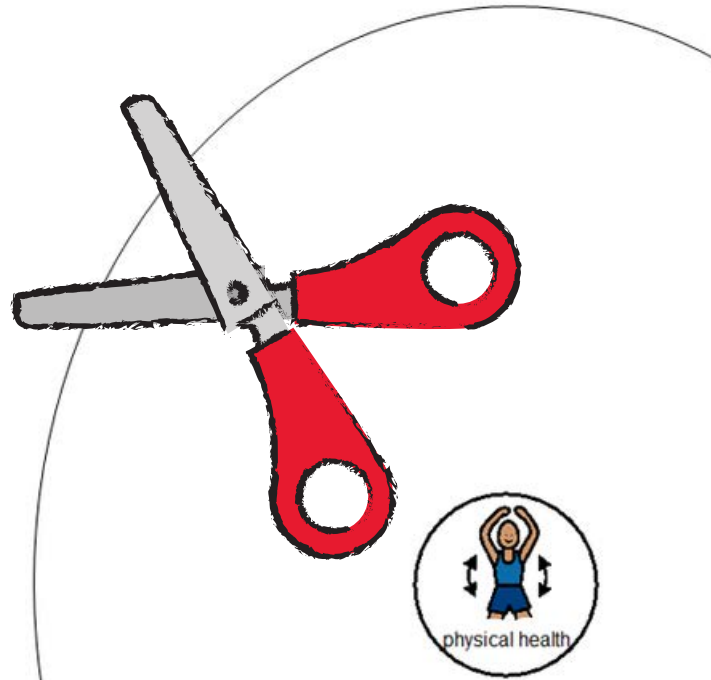
injury



abrasion
















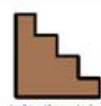



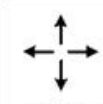


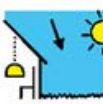
Scrape on the skin that can cause a small amount bleeding.	Where
Found in meat and nuts. Keeps you strong and healthy.	Easily h
Ability to take care of your body with sleep, exercise, and healthy foods.	A barrier that pro something
When a person falls down, cannot respond, and may shake.	Staying clean, including wa brushing teeth and show



There are 2 circle maps, one for physical health and one for first aid.

Circle maps are a great way for students to see the concept at a glance. There are 2 versions:

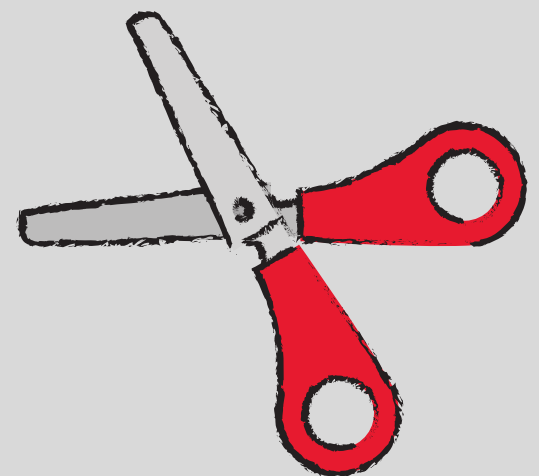
- One is errorless
- One has wrong answers mixed in students will have to set aside













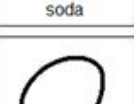
 active lifestyle		 exercise	
 walk	 8 hours of sleep	 jumping jacks	 run
 stretch breaks	 less sitting	 lift weights	 stand up
 go to the park	 ride bikes	 track & field	 take the stairs
 park far from destination	 soccer	 jump rope	 move more
 hike	 roller skate	 go outside	




































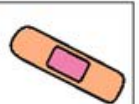

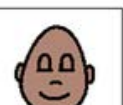







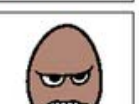

There are 4 sorting activities all dealing with different aspects of physical health.

Directions on how to add color-coding if needed are included.

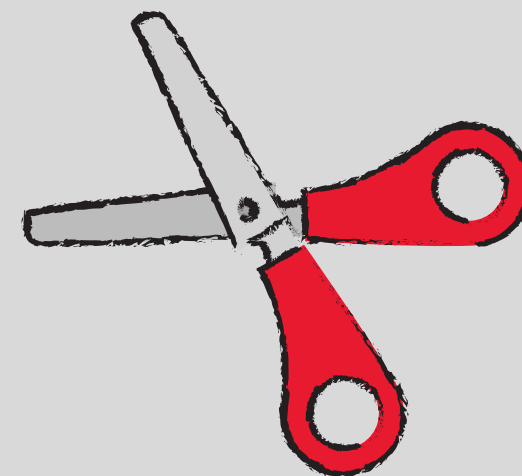


 healthy choice			
 potato chips	 water	 brownie	 milk
 French fries	 candy bar	 protein	 McDonald's
 vegetables	 fruit	 exercise	 go for a walk
 getting outside	 soda	 video games	
 watch TV	 macaroni & cheese	 sundae	 egg
 smoothie			

 I like that		 I don't like that		
 hike	 ride bikes	 roller skates	 skateboard	 ice skates
 weight lifting	 swim	 soccer	 sports	 tennis
 jump rope	 aerobics	 yoga	 track & field	 running
 surf	 race	 jumping jacks		

 good choice				 bad choice	
 bandage	 panic	 yell	 rub	 wash area	
 call adult	 run away	 pressure	 bandaid	 dry off	
 stay calm	 use mud	 hot water	 turn on side	 dirty rag	
 bite something	 pinch nose	 light match	 be mean	 sit	

There are 4 sorting activities all dealing with different aspects of social health. Directions on how to add color-coding if needed are included.





This includes exercising every day.

This is one exercise I would enjoy doing every day.

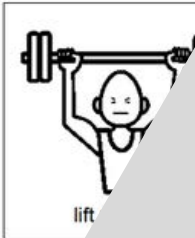
Choose from the pictures below to complete your book. Then add some color!



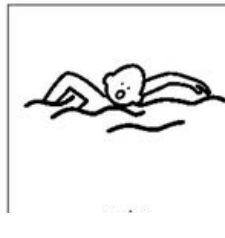
hike



ride bikes



lift



swim



sports

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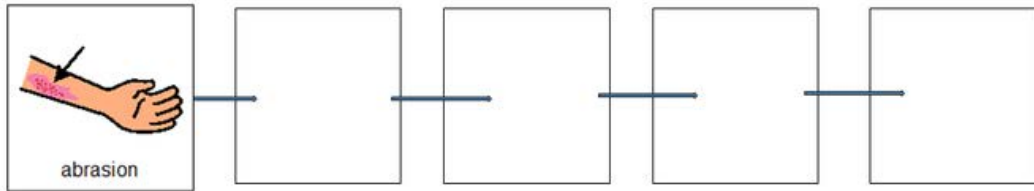


This includes drinking lots of water.

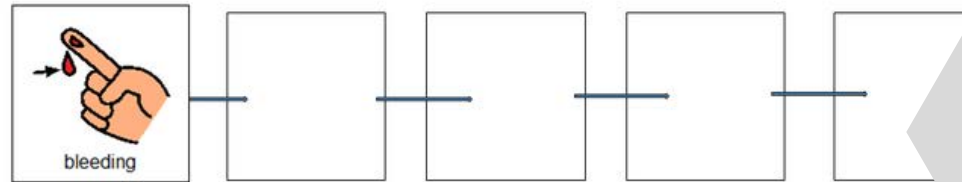
This is how many glasses of water I think I can drink a day.

Students will complete a pledge identifying how they want to work on each area of their physical health.

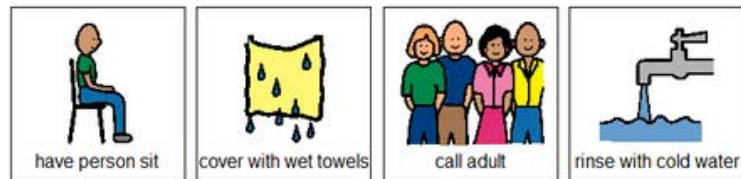
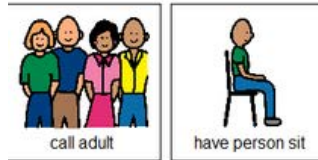
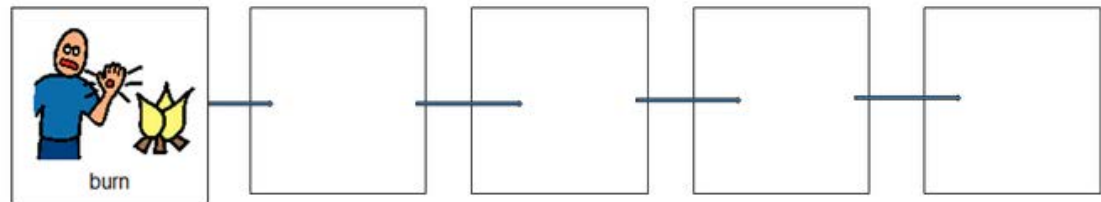
Sequence what do to



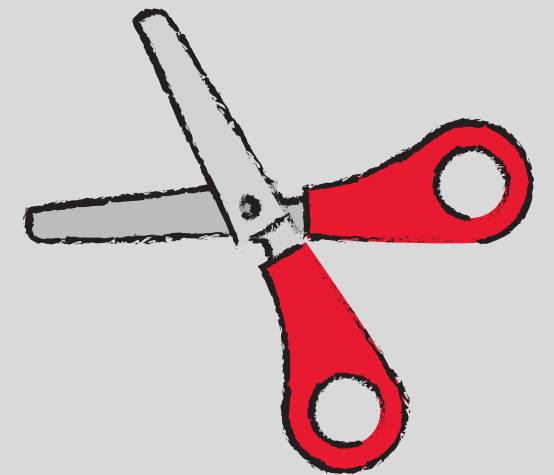
Sequence what do to








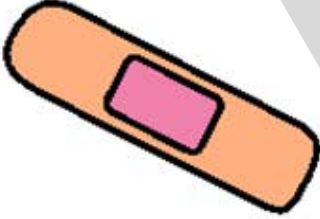
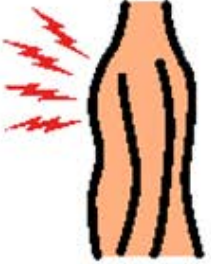


Sequence what do to



There are 5 sequencing activities involving common injuries and how to treat them.






















Sometimes when someone is hurt, it is an emergency, and you need to call 911. Read or listen to the teacher read the following. Color the box in **RED** if you think it is an emergency and you should call 911.









 <p>scrape</p>	 <p>accident</p>	 <p>fire in the kitchen</p>
 <p>friend faints</p>	 <p>cold</p>	 <p>need a bandaid</p>
 <p>chest pains</p>	 <p>bumble bee</p>	 <p>stranger</p>









There is an activity where students identify scenarios they should definitely call 911.

Physical Health

 habit	 first aid	 physical health	 active lifestyle	 hygiene	 food pyramid
			 food pyramid		
 first aid	 food pyramid			 active lifestyle	
	 hygiene				
 hygiene	 physical health		 habit	 first aid	
 food pyramid	 habit		 first aid	 physical health	

Physical Health

 physical health	 exercise		
	 hygiene		 physical health
		 physical health	 hygiene
	 physical health	 first aid	

 exercise	 exercise	 exercise	 hygiene
 hygiene	 first aid	 first aid	 first aid

There is a Sudoku puzzle in this unit as well. This is a great way to work with the new vocabulary!!

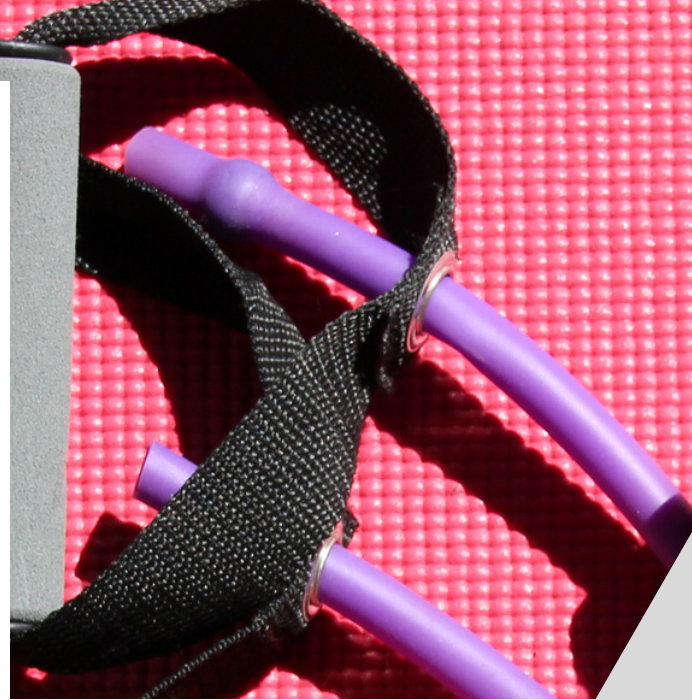
There are 2 versions plus answer keys.



Physical Health

F S F M H N P F I R S T A I D S X E L Y
 O O M S Z O R J P X I J L Q H D E F F A
 N Q B B P S E J I U Q B M T Q V D R P C
 S U U A C E S O P N G K V L E A E A G T
 L U H C Y B S C R K K E I N A Q F G T I
 Y C B T G L U O O F Q D G Q K N E I L V
 N V R E N E R X C L P O D W R P N L X E
 N J Z R J E E V E J V E U C V J S E N L
 B V Z I F D P H S Z L T G S Z C E P C B
 R V N A O P G H S T I N U I S E A H W G
 H F Y A O L Y A E X F E B V E D B Y Y A
 F S I H D Z O R D F E G A B F T R S H J
 I P N G P M P Z N M S V P W F L A I Y A
 H O J S Y E R I Q M T Z V W W L S C G S
 A M U E R X O Q V I Y F S K I R I A I Z
 B D R I A C T D J D L F E J S T O L E V
 I I Y Z M W E W X K E A R K N B N U N H
 T E I U I U I S S C E Z F O Q U F O E J
 E C H R D R N M J L Z G N N E R L I K B
 F H I E D E S T I N A T I O N N A Y Z C

destination	food pyramid	lifestyle	nosebleed
processed	physical	first aid	pressure
abrasion	bacteria	defense	hygiene
fragile	protein	active	injury
seizure	habit	burn	



Physical Health

F S F M H N P F I R S T A I D S X E L Y
 O O M S Z O R J P X I J L Q H D E F F A
 N Q B B P S E J I U Q B M T Q V D R P C
 S U U A C E S O P N G K V L E A E A G T
 L U H C Y B S C R K K E I N A Q F G T I
 Y C B T G L U O O F Q D G Q K N E I L V
 N V R E N E R X C L P O D W R P N L X E
 N J Z R J E E V E J V E U C V J S E N L
 B V Z I F D P H S Z L T G S Z C E P C B
 R V N A O P G H S T I N U I S E A H W G
 H F Y A O L Y A E X F E B V E D B Y Y A
 F S I H D Z O R D F E G A B F T R S H J
 I P N G P M P Z N M S V P W F L A I Y A
 H O J S Y E R I Q M T Z V W W L S C G S
 A M U E R X O Q V I Y F S K I R I A I Z
 B D R I A C T D J D L F E J S T O L E V
 I I Y Z M W E W X K E A R K N B N U N H
 T E I U I U I S S C E Z F O Q U F O E J
 E C H R D R N M J L Z G N N E R L I K B
 F H I E D E S T I N A T I O N N A Y Z C

destination	food pyramid	lifestyle	nosebleed
processed	physical	first aid	pressure
abrasion	bacteria	defense	hygiene
fragile	protein	active	injury
seizure	habit	burn	

There is also a word search to work with vocabulary. If your students cannot do a word search, have them highlight the circle words on the answer key.

Physical Health

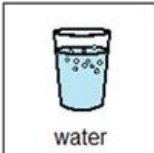
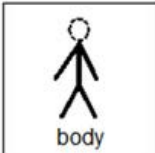
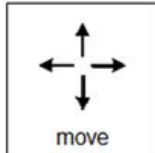
1. Your physical health, in general, refers to your .

2. An active lifestyle means you a lot during the day.

3. It is also important to have time to , when you focus on working out.

4. Eating foods is important for your physical health.

5. Drinking lots of is also important.



First Aid

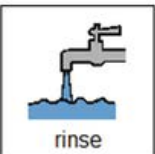
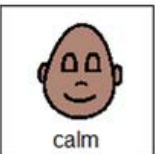
Whenever you find someone hurt, the first thing to do is .

If the person is standing, get them to .

You should always stay .

4. If someone has an abrasion, be sure to it out well.

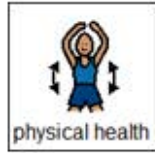
5. Be very careful with a , the skin will be fragile.



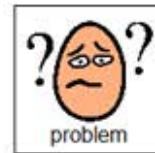
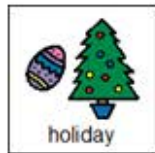
Close worksheets are a great informal assessment. This unit has 10 questions that are a general review of physical health, plus 10 questions on first aid.

Answer key included.

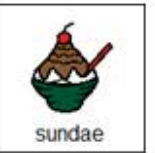
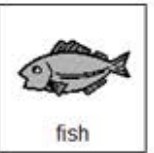
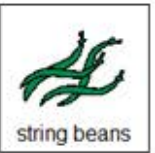
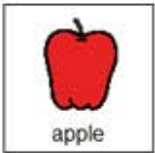
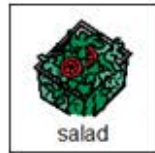
1. Keeping your body strong and clean is part of your:



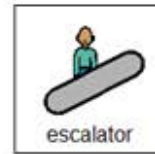
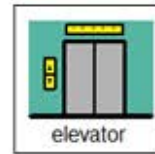
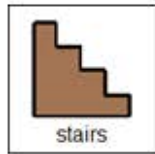
2. Something you do every day, like exercise is called a:



3. Circle all the healthy foods:



4. Once way you can live an active lifestyle is by taking the:



5. How many hours of sleep should you try to get each night?



FINALLY the assessment!! There are 3 versions. This version has 10 questions with 3 picture choices for each question.

Answer key included.

Print onto cardstock or mount on index cards. Cut pictures apart and show student answer choices for each question.

Q 7



trouble



first aid

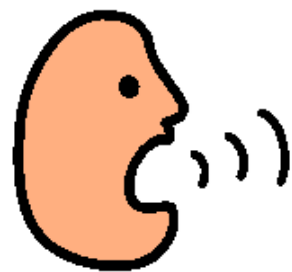


presents

Q 8



tickle



yell



call an adult

With this version, you cut out the answer choices and glue them on index cards. Ask the student the question, and they point to the correct answer.

1. Keeping your body strong and clean is part of your:
 - A. Physical health
 - B. Mental health
 - C. Social health
2. Something you do every day, like exercise is called a:
 - A. Holiday
 - B. Habit
 - C. Problem
3. Circle all the healthy foods:
 - A. Salad
 - B. French fries
 - C. Apple
 - D. String beans
 - E. Fish
 - F. sundae
4. Once way you can live an active lifestyle is by taking the:
 - A. Stairs
 - B. Elevator
 - C. escalator
5. How many hours of sleep should you try to get each night?
 - A. 3
 - B. 8
 - C. 20
6. Washing your hands and brushing your teeth are part of:
 - A. School
 - B. Celebrating
 - C. Good hygiene

This is your traditional multiple choice version. It can also be used as a recording sheet if your students are using the version with index cards.

This unit will look at your **physical health**. How healthy is your body?



1:03 / 7:29

An **abrasion** is a scrape that often happens when a person falls down. There may be a small amount of bleeding, but not a lot.



0:45 / 4:32

This unit also includes digital versions of the activities.

Students can watch a movie book version of both books rather than print them out.





Place the picture in the circle map about physical health.






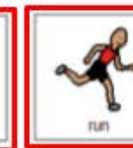







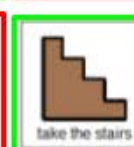



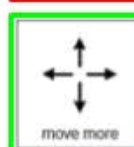



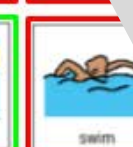
Christa Joy, Special Needs for Special Kids
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Each activity is set up so students can click and drag answers. No typing is required.

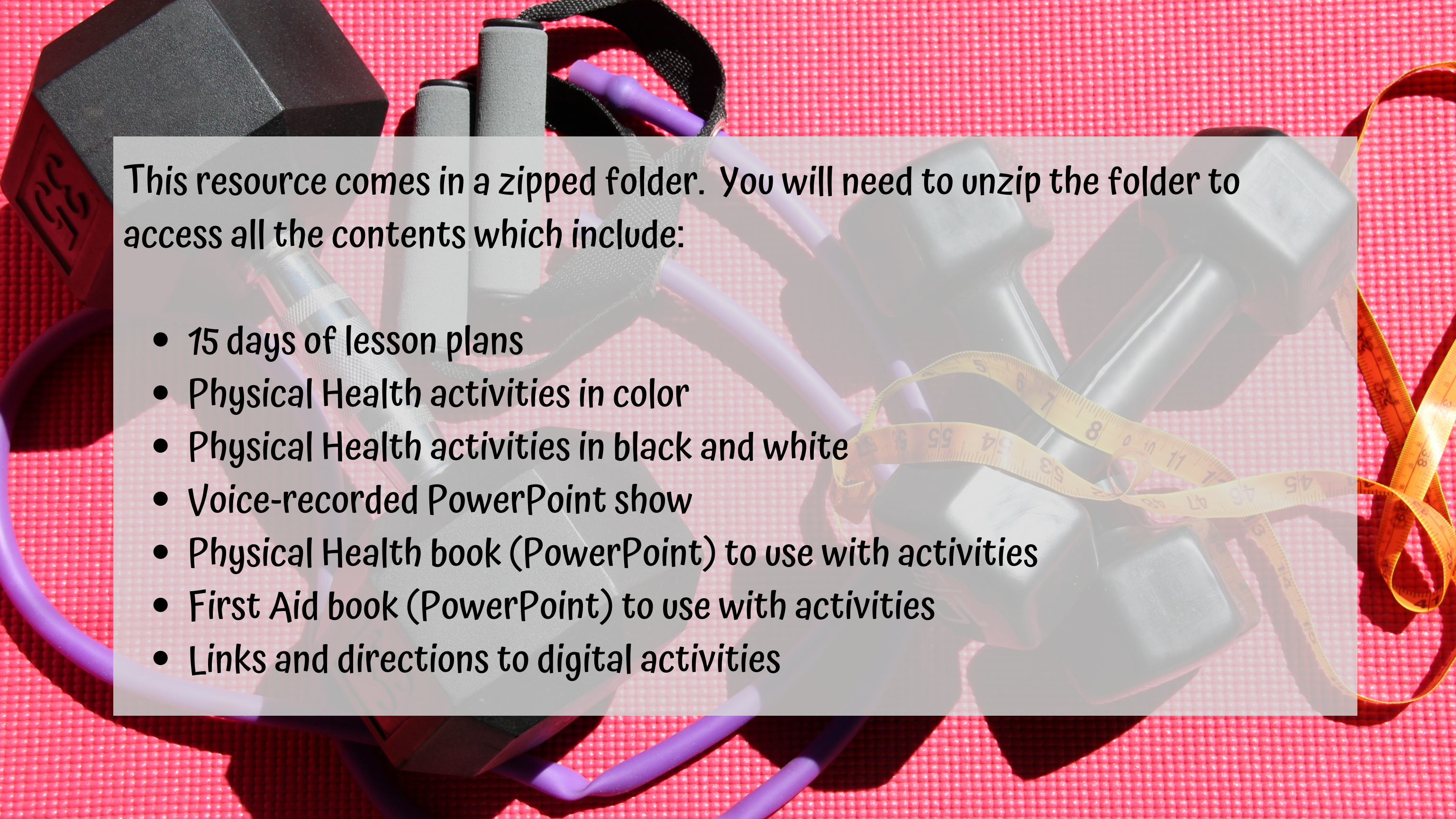
The second set of slides uses color for differentiation and extra support for students who may need it. Mix and match slides from both sets to make the perfect set for each student.

 active lifestyle	 exercise

Look at the pictures below and decide if you think they would be part of an active lifestyle or more like exercise. If you are not sure or think it could be both, place it on the middle line.

 8 hours sleep	 walk	 jumping jacks	 run	 stretch breathe
 less sitting	 lift weights	 stand up	 go to the park	 jump
 track & field	 take the stairs	 park far from destination	 soccer	 jump
 move more	 hike	 roller skate	 go outside	 swim

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This resource comes in a zipped folder. You will need to unzip the folder to access all the contents which include:

- **15 days of lesson plans**
- **Physical Health activities in color**
- **Physical Health activities in black and white**
- **Voice-recorded PowerPoint show**
- **Physical Health book (PowerPoint) to use with activities**
- **First Aid book (PowerPoint) to use with activities**
- **Links and directions to digital activities**