

Have Fun and Play Safe

at the
Playground

Teaching Guide

Grade 2



OPTIMIST

Bringing out the best in kids!
Riverside & Roseville Fountainbleu



HEALTH UNIT

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Have Fun ^{and} Play Safe at the **Playground**

Grade 2

Goals and Objectives

Goal:

Reduce the incidence of playground injuries.

Objectives:

- Teachers will use the *Have Fun and Play Safe at the Playground* Teaching Guide to teach and reinforce safe play at the playground.
- Children will play safely while being active at the playground.
- Children will identify and practise simple playground safety rules.
- Children will talk about safe and unsafe situations at the playground.

Items Included in the Teaching Guide

1. Letter of Introduction
2. *Have Fun and Play Safe at the Playground* DVD
3. *Have Fun and Play Safe at the Playground* Teaching Guide
 - a. Goals and Objectives
 - b. Activities For the Classroom, the Playground, and Home
 - c. Appendix A – The Safety Spelling Song
 - d. Appendix B – Additional Safety Rules
 - e. Appendix C – Classroom Activity Sheets
 - f. Appendix D – Grade 2 Parent Activity Guide
4. Stickers

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Classroom Activity:

Teach simple playground safety rules.

Items needed for classroom activities:

- DVD
- DVD player
- Classroom Activity sheets

Activities:

1. DVD:
 - a. Use the song from the DVD to teach the children simple playground safety rules (see Appendix A).
 - b. Ask the children to recall the safety messages in the song.
2. Activities:
 - a. Teach safety rules for specific pieces of equipment (see Appendix B).
 - b. Use the classroom activity sheets to reinforce the safety messages:
 - i. Girl on Swing: Hidden Picture Letters
 - ii. Girl on Swing: Hidden Picture Numbers
 - iii. Have Fun and Play Safe Crossword Puzzle and Answer Key
 - iv. Have Fun Play Safe Word Search and Answer Key
 - v. The Safety Spelling Song
 - vi. The Safety Spelling Song Comprehension Questions - "What did I learn?"
 - c. Encourage the children to show the activities to their parents and tell them about the safety rules they learned.

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Playground Activity:

Reward children for following simple playground safety rules.

This activity can be done during Daily Physical Activity (DPA), gym time, or recess.

Items needed for playground activity:

- Stickers

Activities:

1. Choose a day to give out stickers.
2. Review the safety rules with the children before going outside to play.
3. Pay close attention to the children while they are playing and give out a stamp or sticker to those who are following the rules.
4. Consider doing this activity weekly or monthly.

Optional Home Activity:

Encourage parents to reinforce the safety messages at home.

Item needed for home activity:

- Grade 2 Parent Activity Guide

Activity:

1. Send home the Parent Activity Guide and encourage the children to do the activities with their parents.

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The Safety Spelling Song - Written by Leonora Teresa Cummings

Intro (spoken decrescendo to crescendo)
Have fun, play safe, have fun, play safe!
HAVE FUN, PLAY SAFE...on the playground.

Chorus We can have f-u-n FUN,
When we play s-a-f-e, (3x)
We can have f-u-n FUN,
When we play s-a-f-e, (2x)
When we play SAFE!

Verse 1 I will w-a-i-t, wait my turn, won't p-u-s-h, push, I will wait my turn.
I will s-l-i-d-e, slide feet down first. Won't go down on my tummy,
so I won't get hurt.

Chorus (Repeat from above)

Verse 2 I will h-o-l-d, hold, hold onto railings, when I'm climbing up, when
I'm climbing down.
I will h-o-l-d, hold, hold onto railings, won't jump from way up high...
I'll think, "SAFETY FIRST!"

Bridge SAFETY FIRST! SAFETY FIRST! WATCH FOR DANGER!
Moving swings, bottom of slides.
Broken things, glass that hides.
No strings, no scarves, no helmets, no ropes...
NO BARE FEET PLEASE!
SAFETY FIRST, SAFETY FIRST! WATCH FOR DANGER!

Chorus (Repeat from above)

Outro (spoken decrescendo to crescendo)
Have fun, play safe, have fun, play safe!
HAVE FUN, PLAY SAFE...on the playground.

Have Fun *and* Play Safe at the **Playground**

Grade 2

Additional Safety Rules

Safety Rules For Slides

- Wait your turn.
- Use the stairs.
- Hold onto railings when climbing the stairs.
- Sit down.
- Slide down feet first.
- Don't jump off slides.
- Stay away from the bottom of slides.

Safety Rules For Climbers

- Wait your turn.
- Use both hands except when moving to the next bar.
- Move only in one direction.
- No pushing or shoving.
- No racing.
- To drop down land on feet with knees bent.

Safety Rules For Swings

- Only one person on the swing at a time.
- Sit down in the middle of the swing seat.
- Hold on with both hands.
- No standing or kneeling.
- No twirling.
- Don't jump off.
- Keep away from moving swings.

Other Safety Rules

- Don't wear hoods, hats, or jackets with drawstrings.
- Wear a neck warmer not a scarf.
- Remove your helmet before playing on the equipment.
- Always wear shoes. No bare feet.
- Never attach things like pet leashes or skipping ropes to play equipment.
- Watch for dangers, such as:
 - Glass.
 - Broken slides.
 - Broken swings.
 - Water at the bottom of slides.
 - Garbage.
 - Other things not usually found at the playground.

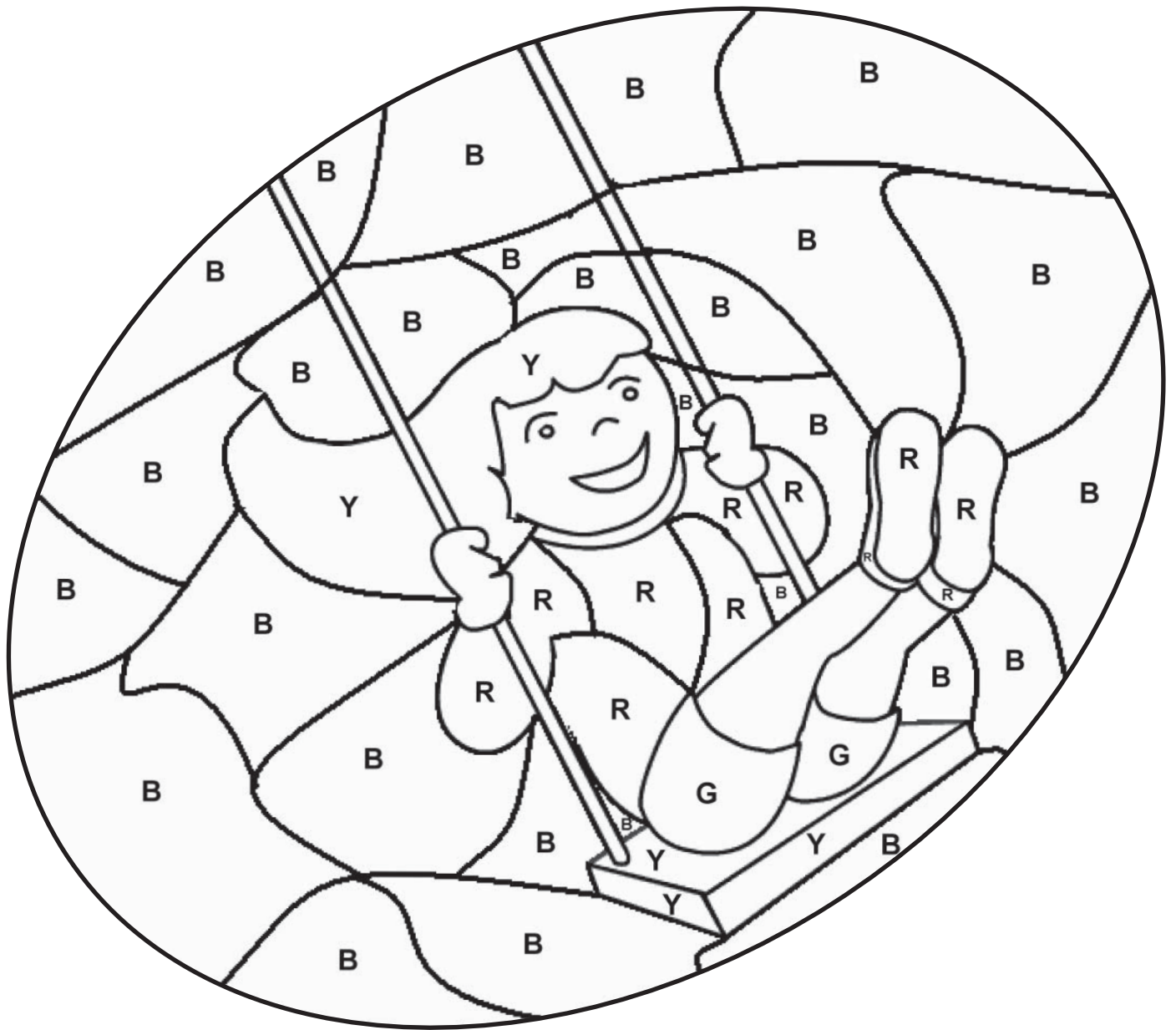
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Classroom Activity Sheets

1. Girl on Swing: Hidden Picture Letters
2. Girl on Swing: Hidden Picture Numbers
3. Have Fun and Play Safe Crossword Puzzle and Answer Key
4. Have Fun Play Safe Word Search and Answer Key
5. The Safety Spelling Song
6. The Safety Spelling Song Comprehension Questions - "What did I learn?"

Have Fun and Play Safe



1 - Blue

2 - Red

3 - Green

4 - Yellow

Have Fun and Play Safe



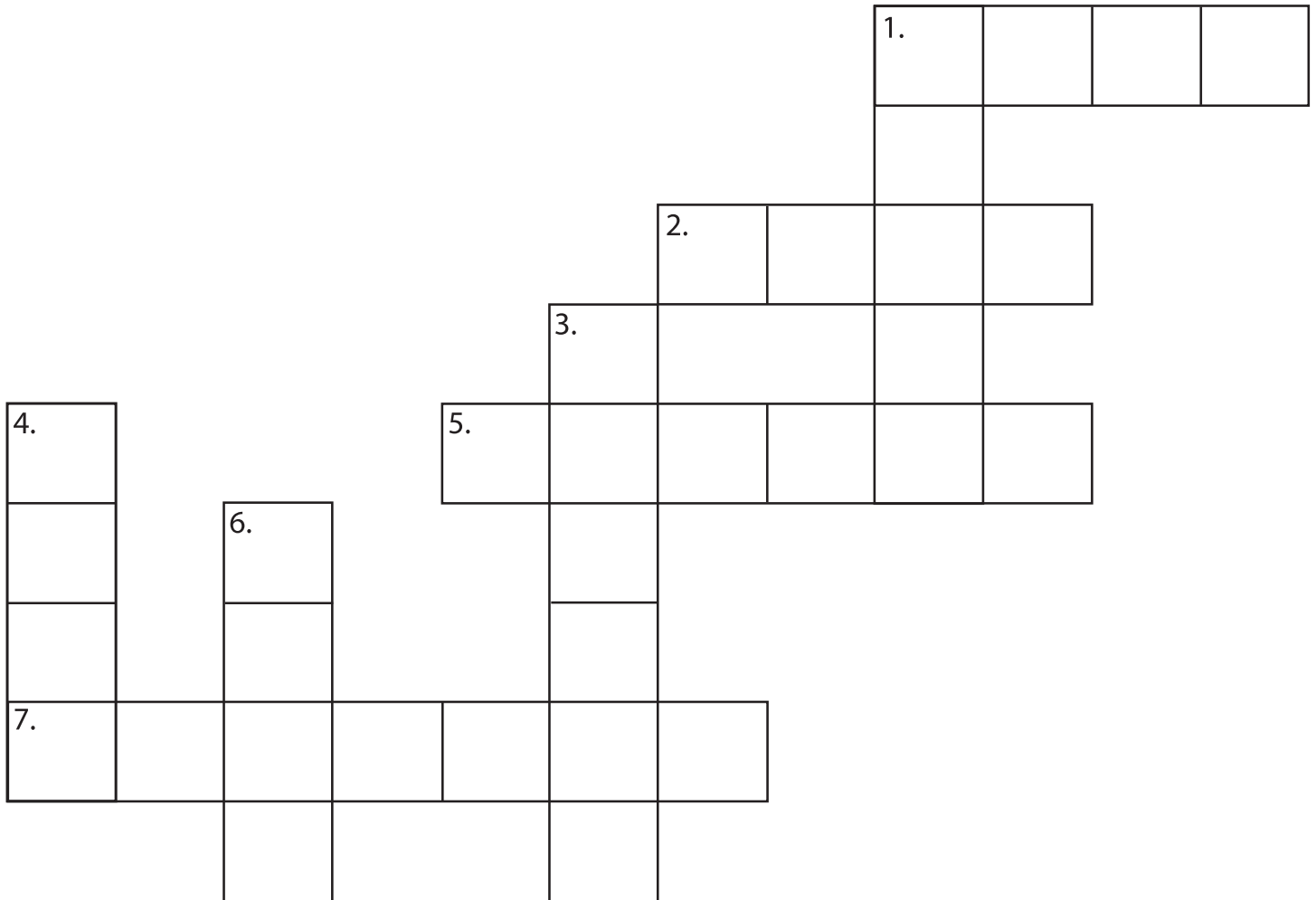
1 - Blue

2 - Red

3 - Green

4 - Yellow

Have Fun and Play Safe



ACROSS

1. We can play _____ .
2. I will _____ my turn.
5. Watch for _____ .
7. No _____ at the playground.

DOWN

1. _____ feet down first.
3. I'll think _____ first.
4. Won't _____ .
6. I will _____ onto railings.

Danger
Helmets

Hold
Push

Safe
Safety

Slide
Wait

Have Fun and Play Safe

Answer Key



ACROSS

1. We can play SAFE .
2. I will WAIT my turn.
5. Watch for DANGER .
7. No HELMETS at the playground.

DOWN

1. SLIDE feet down first.
3. I'll think SAFETY first.
4. Won't PUSH .
6. I will HOLD onto railings.

Danger
Helmets

Hold
Push

Safe
Safety

Slide
Wait

Have Fun and Play Safe

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

Word Search List

Climbing

Down

Feet

First

Fun

Glass

Helmet

High

Hold

Hurt

Jump

Play

Push

Railings

Rope

Safe

Scarves

Slide

Swing

Tummy

Turn

Up

Wait

Watch

Have Fun and Play Safe

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Up

Wait

Watch

The Safety Spelling Song

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The Safety Spelling Song

What did I learn?

1. What is the message in the song?
2. What words are spelled in the song?
3. How does the song tell us to play safely?
4. Why should you only slide feet first down a slide?
5. Are there any other things you can do to play safely?
6. When around swings that are being used, where should you walk? Why?
7. Make up your own safety song.