

Workplace Readiness Skills for the Commonwealth Grades 6 – 8 School

Professional Knowledge and Skills

11. **Health and Safety:** Follows safety guidelines and manages personal health

Objective: Student will learn about being safe.

Activities:

1. Teach students to read warnings and direction labels on medications and household products and discuss dangers.
2. Teach safety guidelines for using appliances.
3. Teach stranger danger within classroom and community based instruction.

Objective: Student will learn techniques and habits of sustaining good health and hygiene.

Activities:

1. Student will identify the key components of healthy vs. unhealthy lifestyle related to physical fitness and diet.
2. Identify short, medium, and long-term physical fitness goals.
3. Track and monitor personal diet over a period of time, then engage in activity to determine their average daily caloric intake. From results determine a corrective action plan to modify their dietary habits.