



## Targeted Teaching Topic

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**Summary of Topic:**

Lift It!

**Main Curriculum Tie:**

Healthy behaviors and personal safety.

**Required Materials for Lesson:**

Trash can or large cardboard box.

**Background for Teacher:**

Knowledge of proper lifting techniques (feet square, bend at knee, & keep back straight). Discuss importance as a health care provider to practice these techniques.

**Student Prior Knowledge:**

Knowledge of proper lifting techniques.

**Intended Learning Outcome:**

Knowledge of proper lifting techniques.

**Instructional Procedure:**

Students will demonstrate proper lifting techniques by lifting a cardboard box or trash can from the floor, carrying it 5 feet and then setting it down correctly.

**How to Measure Outcome:**

Rubric (peers may grade them in a big class).