# Running Head: HEALTH LESSON PLAN 1

Health Lesson Plan

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# HEALTH LESSON PLAN 2

# Standard #4: Multiple Instructional Strategies

The teacher understands and uses a variety of instructional strategies to encourage students’ development of critical thinking, problem solving, and performance skills.

***Name of Artifact:*  Health Lesson Plan**

***Date:* April, 2012**

***Course:* EDUC 240 Physical and Health Education for Elementary Teachers**

***Brief Description:***

This is a two day personal hygiene lesson made for kindergartners. It starts by assessing the students’ knowledge about their own personal hygiene. The lesson also focuses on what students can do to keep their teeth healthy.

***Rationale:***

To document my understanding of multiple instructional strategies I have selected to include my Health Lesson Plan. The students will learn critical thinking skills during this lesson and problem solving in a real life situation. By completing the lesson plan I was able to demonstrate my understanding of multiple instructional strategies.

HEALTH LESSON PLAN  3

1. **Title of Activity:** Healthy Teeth, Brighter Smile
2. **Target grade level: Kindergarten**
3. **Duration of activity: Day 1-45 minutes Day 2-30 minutes**
4. **Indiana Health Education Academic Standard** – Standard #1 Students will comprehend concepts related to health promotion and disease prevention to enhance health.

*Students acknowledge personal responsibility for health promotion and/or risk reduction. They describe healthy behaviors to prevent or reduce their risk of injury and/or illness. Students list the components of health as emotional, physical and social.*

K1.1 Name Healthy Behaviors.

1. **Student Objective:** Students will be able to properly demonstrate the correct way, how many times, and for how long to brush their teeth. The students will also be able to explain why brushing their teeth is important.
2. This student objective is a cognitive objective
3. **Equipment / material needs:** I will need 30 toothbrushes, 30 cups, 2 gallons of grape soda, paper towels, and 30 eggs
4. **Preparation** I will be sending a letter home with the children explaining to their parents what they are learning in class about caring for their teeth. They will have to monitor their child while they brush their teeth and fill out the checklist I send home with the student. I will set up different stations where the different materials will be.
5. **Activity Description sections**
* ***Focus Activity***: Read students the book *Bearinstean Bears Visit the Dentist.*  After reading the book ask students why they think brushing their teeth is important. Watch a short youtube video of Elmo properly brushing his teeth.
* ***Lesson Activity*:**

1.Demonstrate to students how to properly brush their teeth and inform them about how long they need to brush their teeth. Inform students what things can affect their teeth in negative ways if they are not brushing properly.

2. Have each student go to each station and read the directions of what to do. They will grab a cup at station 1, they will grab an egg at station 2, and at station 3 they will fill their cup with grape soda. (I will be assisting them pouring the grape soda)

3. Let the cups sit for 24 hours

HEALTH LESSON PLAN 4

-***Closing activity***: Have students demonstrate how to properly brush their teeth. Also, have students explain what can happen if they don’t take good care of their teeth.

1. **Assessment Activity**: On Day 2, have students check on their eggs. Have them brush their eggs with the toothbrush I have provided for them. Ask the students why they think the egg is stained purple (this makes them think critically and use problem solving skills). Also, collect the checklist that was sent home the night before signed by the students parent.
2. **Accommodations / Success for all**: If the lesson seems to be too hard and students make a big mess I will change my lesson plan for the next year
3. **Safety concerns (if any) and how you would address each concern**: There are no safety concerns to address during this lesson other than telling the students they need to be very careful with eggs.

HEALTH LESSON PLAN 5

**EDUC 240 Health Education Lesson Plan**

**Score Rubric**

**Submit: Cover Page, Standard Page, Lesson Plan and Score Rubric**

|  |  |  |
| --- | --- | --- |
| GRADING CRITERIA | **Points Possible POINTS POINTS** | **Points Earned** |
| Complete Draft –Hard Copy and Copy on Portable Drive***Bring to class on\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*** | 5 |  |
| ***Cover Page***  | 5 |  |
| ***Standard, Description and Rationale Page*** |  |  |
| ***Lesson Plan*** |  |  |
| Target grade level, location, duration**,** and skill | 2 |  |
| Standards and Objective-NASPE Standard-Indiana Physical Education Academic Standard-Measurable and Observable Objective | 5 |  |
| Equipment / material needs  | 3 |  |
| Preparation tasks clearly explained in steps | 3 |  |
| Focus Activity  | 5 |  |
| Lesson Activity- Written in steps- Developmentally Appropriate- Minimizes Waiting Time- Describes distribution of equipment- At least two feedback statements you might use to | 10 |  |
| Closing Activity | 2 |  |
| Assessment Activity – Copy of rubric attached* *Describes an authentic assessment technique that allows students to demonstrate that they have met or are progressing toward meeting the objective.*
* *Score Rubric with at least 2 criteria linked to objectives is an appropriate assessment tool.*
* *Evidence you have read and understand authentic assessment (pages 185-189).*
 | 5 |  |
| Success for All - *at least one modification to this lesson the teacher could make to address an “intelligence” not focused on in the activity description for this lesson* | 3 |  |
| Safety Concerns | 2 |  |
|  **Total Possible Points** |  **50** \_\_\_ |   **50**  |

**Comments:**

**Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Grade\_\_\_\_\_\_\_\_\_\_\_/50**