**UNION UNIVERSITY’S LESSON PLAN FORMAT**

**(Template available at** [**http://www.uu.edu/programs/tep**](http://www.uu.edu/programs/tep)**)**

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Date July 20, 2009 Grade/Subject 5th – Health

**TN CURRICULUM STANDARDS ADDRESSED BY GOALS AND OBJECTIVES:**

Grade 5 Standard 4 - Health: The student will understand the relationship of physical  
activity and rest to healthy living.  
  
4.1 explain the importance of participation in the recommended one hour of  
daily physical activity;  
  
4.2 identify personal physical activity goals needed to achieve overall  
wellness;  
  
Grade 5 Standard 5 - Nutrition: The student will understand the relationship of nutrition to  
healthy living.  
  
5.1 use the “My Pyramid” as a guide for choosing a variety of foods  
necessary for good health;  
  
5.2 explain how personal health and body composition is influenced by  
balancing diet and physical exercise.

**GOAL: TLW understand healthy living.**

**OBJECTIVES AND ASSESSMENT:**

|  |  |  |
| --- | --- | --- |
| **Learning Objectives** | **Assessment** | **Level of Thinking** |
| TLW list the groups in the food pyramid. | TLW list the groups in the food  pyramid by labeling a blank pyramid. | Knowledge |
| TLW schedule a daily exercise routine. | TLW schedule a daily exercise routine by  journaling according to the guidelines set  forth for exercise. | Application |
| TLW compose a writing discussing healthy living. | TLW compose a writing discussing healthy  living by blogging on their Weebly websites | Synthesis |

**INSTRUCTION:**

* **Lesson Opener**
  + **Hook:** Let’s take a look at the foods I brought to show you today. On this side we have French fries, pizza, and a soft drink. On the other side, we have a salad with turkey, a baked potato, and low fat milk. Which do you think is the healthier option? Why?
  + **Bridge:** Today we are going to talk about making healthy choices, not only when it comes to eating, but also when it comes to being physically active.
* **Development of concepts and/or skills:** 
  + **Large Group -** Let’s start by watching this short VoiceThread that I created for you. VoiceThread is a website that allows you to narrate your pictures as they play along. It is a really cool website, and we may be using it later on during this class. This voice thread is about choices to make in order to live a healthier lifestyle. I will stop the thread after a few slides so that we can discuss what we are learning together. Pay close attention, because you will see all this information again soon! Let’s use the information you just learned to fill in a blank food pyramid. Do you remember the six groups of the food pyramid? We will label these together right now. Keep this pyramid for future reference!
  + **Transition to 2 groups -** Okay, let’s split up into two even groups. Let’s count off, 1, 2, 1, 2, etc. Group 1 is the fruit group! Group 2 is the vegetable group! Fruits go to the tables set up at the back of the room. Vegetables head over to the computers lined up on the side of the classroom.
    - **Group 1 -** Alright, fruit group, we are going to play Jeopardy today! I made a special power point game, just like the television show Jeopardy, that is all about healthy living! I hope you have your thinking caps on, because there are a few questions that are pretty tough. I am passing out “clickers” to each person in the fruit group – if you know an answer to a question, press the button on the top of your clicker and you will get a chance to answer. You will only have 5 seconds to say your answer, then someone else can answer. The questions are divided into five different groups, and there are four questions in each of those groups. If you answer correctly, you get to choose the next question that we ask. Some questions are worth more points than other questions, so make sure you look at the point value before choosing your next question. Does anyone have any questions before we begin?
    - **Group 2 -** My vegetable group – you are in for a treat! Today you are going to be blogging! Has anyone ever blogged before? Do you know what that means? Blogging is similar to journaling, except you do it online! How many of you have Facebook pages? Some people blog on Facebook, so you may have seen it, or even done it yourself, and not even know it! Today you will be logging onto my Weebly website and viewing my VoiceThread again. I have created a job aid for you to follow along with to get on the Internet and find my blog. You may work with a partner to find your way to the blog. After viewing my blog, log on to your own Weebly website that we created at the beginning of the semester. You will be creating your very own blog on your Weebly website! In your blog, I want you to tell me what you learned about healthy living through listening and watching my Voicethread. What healthy choices do you make in your life? Where do you need to improve? What is one health-related goal that you have for yourself? Type your blog in complete sentences and make sure you proofread! Once finished, click “save to live,” then click “publish” and exit out of internet explorer by clicking on the red “x” on the top right corner.
* **Closing the gap, as discussed!**

<http://www.youtube.com/watch?v=TQxkio0-e8A>

This short video will tell you and show you exactly how to create and post a blog on your Weebly site!

* **Job Aid: Tech Skill**

Skill: Creating a blog on Weebly

1. Log on to your Weebly homepage created earlier this year

2. Click on the tab “pages”

3. Click the icon that says “new blog”

4. Create a title for your blog where it says “page name”

5. Click “save”

6. Click on the tab that has your new blog title

7. Click “edit”

8. Edit the title of your blog

9. Edit the content of your blog

10. Click “save to live”

11. Click “publish”

* **Lesson Closure** 
  + Let’s come back together and discuss what we have learned today.
  + Who feels like they have learned something useful about living a healthy lifestyle? What are the two main parts of leading a healthy lifestyle? That’s right, balanced diet and regular exercise! Let’s talk about what a balanced diet might be – what could we eat? What should we stay away from? Now let’s talk about exercise. How much exercise should we be getting each day? What are some ways we can do that? I want each person to tell me how you are going to apply your new findings about fitness, nutrition, and overall health to your everyday routine. As a class, we are going to try to do a better job about staying healthy in all ways, so let’s come up with an exercise schedule for tomorrow. How can we get in that one hour of recommended physical activity? I’ll write these down on the board as we go. (Write out list of ideas on board and leave for next day so that we can check them off as we do them.) Great ideas – I cannot wait to use these tomorrow! Encourage one another to eat smart and play hard!

**MATERIALS AND TECHNOLOGY NEEDED FOR THE LESSON:**

**Pizza slice**

**French fries**

**Soft drink**

**Low fat milk jug**

**Baked potato**

**Salad with turkey**

**Computer that is connected to main screen in classroom**

**Internet access**

**Voicethread – Are You Living a Healthy Lifestyle?**

**PowerPoint presentation – Are You Living a Healthy Lifestyle?**

**Jeopardy “clickers” – enough for half the class**

**Computers**

**YouTube video**