



## **SAMPLE LESSON PLANS**

### **Health Smart Virginia - Sample Lesson Plan**

#### **Grade 10 – Safety and Injury Prevention**

**SOLs:**

Describe the importance of health habits that promote personal wellness.  
Identify behaviors that result in intentional and unintentional injury.

**Title: Health Continuum****Objectives/ Goals:**

- Students will identify their healthy and safe behaviors that contribute to wellness and their unhealthy and unsafe behaviors and how these behaviors relate to our overall health

**Materials:**

- [Health Continuum template](#) with rubric

**Procedure:**

Step 1	<ul style="list-style-type: none"><li>• Students will make a copy of the <a href="#">Health Continuum template</a></li></ul>
Step 2	<ul style="list-style-type: none"><li>• Have the students copy the template slide and make it their own by placing their name as the title. (They can use their favorite font and colors)</li><li>• Insert their favorite picture of themselves.</li><li>• Have students discuss risk factors with their parents (particularly hereditary risk factors).</li></ul> <p>Possible guiding questions; What are your hobbies? What sports do you play? What types of music do you listen to? What movies do you like? Which TV shows do you love to watch? What excites you?</p>

**Reference:** Melanie Lynch, M.Ed. North Allegheny School District