



SAMPLE LESSON PLANS

Health Smart Virginia - Sample Lesson Plan

Grade 10 - Violence Prevention and Healthy Relationships

Unit 4

SOLs:

- **10.1.q** Describe the health benefits of positive self-esteem, balance, flexibility, resilience, and healthy relationships with others.
- **10.1.r** Identify characteristics of healthy peer, family, and dating relationships.

Title: Rapping about Relationships

Objectives/ Goals:

- Students will create a rap that identifies traits that will create healthy relationships.

Materials:

- [Healthy Relationships Presentation](#)
- [Relationship Rap](#) assignment

Procedure:

Step 1	Go over healthy relationships using the Healthy Relationships Presentation	Essential Questions: <ul style="list-style-type: none"> ● What are some traits that make up a healthy relationship? ● Why are healthy relationships so vital for our health and well being?
Step 2	<ul style="list-style-type: none"> ● In your groups, create a healthy Relationship Rap 	

References: Melanie Lynch, M.Ed. North Allegheny School District



RAPPING ABOUT RELATIONSHIPS

DIRECTIONS: YOU AND YOUR GROUPS ARE GOING TO BECOME RAP ARTISTS FOR 2 CLASS PERIODS BY CREATING A RAP OR RHYMES ABOUT WHAT CONSTITUTES A HEALTHY RELATIONSHIP. FOLLOW THE CRITERIA THAT IS LISTED BELOW THAT SHOULD BE INCORPORATED IN YOUR RAP. YOU WILL CREATE YOUR VIDEO IN *IMOVIE* ON THE IPAD. PLEASE EDIT AS NEEDED. YOU WILL UPLOAD YOUR VIDEO TO GOOGLE DOCS

***PLEASE REMEMBER YOUR IPAD NUMBER**

***TALK TO GROUP MEMBERS IF YOU ARE WILLING TO SHARE WITH CLASS**

***SAVE VIDEO BEFORE UPLOADING**

***MAKE SURE YOU SPEAK LOUDLY AND CLEARLY**

45 Second rap/rhyme (3pts) ____

Definition of relationships (3pts) ____

The four c's of a healthy relationship (3pts) ____

At least 4 different character traits of a relationship (3pts) ____

Three different communication styles (Passive, aggressive, assertive) (3PTS) ____

Body language/active listening techniques (3pts) ____

Technology and creativity (3PTS) ____

Total 21Pts ____