

**HEALTH  
SMART  
VIRGINIA**



**SAMPLE LESSON  
PLANS**

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

### **Grade 3 – Violence Prevention and Healthy Relationships**

#### **Unit 3**

#### **SOLs:**

- 3.3.M Demonstrate positive ways to communicate with family and friends.

#### **Title: The Power of Positive Communication Performance Task**

#### **Objectives/ Goals:**

- The student will demonstrate positive ways to communicate with family and friends.

#### **Materials:**

- The Power of Positive Communication Performance Task (includes rubric)

#### **Procedure:**

Step 1	Review the performance task before introducing it to your students.
Step 2	Pass out a copy of the performance task to each student and review the expectations of each part. Provide a due date for the performance task.
Step 3	Once complete, allow students to share with their class their thoughts and feeling about the project.

#### **Assessments, References & Sources: Mary McCarley, 2018**

## The Power of Positive Communication Performance Task

Think of a time when a friend, relative, parent, guardian, teacher, or trusted adult interacted with you in a positive way. Was it a warm hug, pat on the back, or positive words such as “Great Job,” “Thank you,” “I’m proud of you,” or “Thanks for being such a great friend?” Communication can be expressed verbally (through words) or nonverbally (through body language).

### Part 1: Brainstorm

Think about your interaction with your friends and family members. Brainstorm 5 ways that you can display positive communication (verbal and/or nonverbal) with your friends and family members.

Friends	Family Members
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

### Part 2: Create a Chart

Create a chart displaying your intent to express these forms of positive interactions with your friends and family members. Fill in the first column stating which positive verbal statement or nonverbal forms of communication you intend to express over the next 4 days to your friends and family members. Over the next 4 days, express these positive forms of communication. Complete column two and three immediately after expressing the positive form of communication.

#### Friend Chart

Positive Communication	Who received it?	What was their reaction to your positive communication?

### Family Member Chart

Positive Communication	Who received it?	What was their reaction to your positive communication?

### Part 3: Write a Reflection

Think about your experience with the positive communication with friends and family members. Write a short essay about this experience. Include the following information in your essay:

- How did your friends respond to your positive communication
- How did your family members respond to your positive communication
- How did the experience make you feel

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## Performance Task Rubric

	<b>Great Work 4</b>	<b>Good Job 3</b>	<b>Getting There 2</b>	<b>Not Quite 1</b>
<b>Requirements</b>	All requirements are met and exceeded.	All requirements are met.	One requirement was not met.	More than one requirement was not met.
<b>Content</b>	Information is accurate and in-depth with details.	Information is accurate.	Most of the information is accurate but contains some factual errors.	Information includes several factual errors.
<b>Organization</b>	All work is neat and information is easy to understand.	Most work is neat and easy to understand.	Some work is neat and easy to understand.	Work is not neat and difficult to understand.
<b>Grammar</b>	There are few mistakes in grammar, punctuation, or spelling.	There are some mistakes in grammar, punctuation, or spelling.	There are several mistakes in grammar, punctuation, or spelling.	Product has little or no punctuation and/or correct spelling. Content is unclear due to excessive errors.
<b>Effort</b>	Work shows exceptional effort, planning, and pride.	Work shows good effort, planning, and pride.	Work shows basic effort, planning, and pride.	Work shows minimal effort, planning, and pride

### Grading Rubric

20= 100%	12= 76%
19= 97%	11=74%
18= 94%	10= 71%
17= 91%	9= 69%
16= 88%	8= 66%
15= 85%	7= 64%
14= 82%	6= 62%
13= 79%	5= 60%

