



SAMPLE LESSON PLANS

Grade 4 – Health Promotion

Unit 3

SOLs:

- 4.3.H Analyze resources for personal and community health from health care agencies, printed materials, broadcast media, the Internet, and audiovisual materials.
- 4.3M Identify problems and possible solutions for community health issues.
- 4.3.N Discuss the benefits of volunteering, and identify local volunteer opportunities.

Title: Our Community's Health

Objectives/ Goals: Students will analyze a community health issue and develop and promote possible solutions.

Materials:

- Internet access
- A variety of Internet, print and audiovisual resources on various health conditions that affect a community.

Procedure:

Community Health Problems

- Provide students with a list of health outcomes (e.g., diabetes, cancer, heart disease, that occur in communities that lack opportunities for physical activity and access to healthy foods.
- Break students into small study groups organized around one health area of interest.
- Help them access information, posters, brochures, videos on the topic from various sources including the KidsHealth.org site (<https://kidshealth.org/en/kids>) and local hospital and health department sites.
- As a group, they need to identify three possible causes or contributors to the health problem and create a skit, poster, jingle to describe the health problem, its causes and possible solutions to address or reduce the contributors or otherwise prevent the health problems.

Community Volunteering

- After the students present their solutions, applaud their effort in working together to address a community health issue. Remind them that there are a number of ways they can become involved in making their community a better place, including participating as a volunteer in local walks to raise awareness and money for prevention, research, and treatment of health conditions (e.g. Heart, Cancer, Diabetes, Leukemia and Lymphoma, Alzheimers, local children's hospitals).
- Organize a Jump Rope for the Heart Event
https://www.heart.org/HEARTORG/Giving/ForSchools/JumpRopeforHeartEvent/Jump-Rope-for-Heart-Event_UCM_315609_SubHomePage.jsp
- Give the students information on local volunteer opportunities including health walks and encourage them to sign up to participate with their families.

Assessment Ideas:

- Evaluate student participation in research project.

References:

- Kids Health for Kids site <https://kidshealth.org/en/kids>
- Exploring Community <http://www.discoveryeducation.com/teachers/free-lesson-plans/exploring-your-community.cfm>
- Benefits of Volunteering - <http://www.g-nation.co.uk/Thebenefitsofvolunteering1.pdf>