



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

### **Grade 4 – Health Promotion**

#### **Unit 5**

#### **SOLs:**

- 4.1.B Describe the benefits of a physically active lifestyle, safe behaviors, healthy food choices, and sleep.
- 4.2.B Explain how physical activity, rest, and sleep affect health.

#### **Title: Health Promotion Newspaper Performance Task**

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

- The student will create the front page of a newspaper describe the benefits of a physically active lifestyle, safe behaviors, healthy food choices, and sleep.
- The student will explain how physical activity, rest, and sleep affect health.

#### **Materials:**

- Health Promotion Newspaper 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 the project. Students can create the front page of the newspaper digitally or hand written. As a class, discuss the difference between writing an article, editorial, and advice column. Remind them that there is an example of an advice column and editorial at the bottom of page one. Review the expectation of doing research on their device to find accurate information for their articles.
Step 3	Once complete, allow students to share their newspapers with a classmate or among their table.

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

# Health Promotion Newspaper Performance Task

Imagine that you have been chosen to create and write articles for the front page of the school newspaper. The topic of the month is the importance of being physically active, engaging in safe behaviors, healthy food choices, and sleep. Your goal is to create a front page that accurately covers these four topics in an engaging way for your readers.

Include the following requirements on the front page of your newspaper:

1. Title of School Newspaper
2. Article: Write an article on the importance of being physically active. Include the following information in your article:
  - a. Title of article
  - b. How much exercise is needed for children and teens based on the *Physical Activity Guidelines for Americans*
  - c. 3 or more benefits to being physically active
  - d. 3 or more examples of being physically active
3. Advice Column: Write an advice column on the importance of engaging in safe behaviors. Include a hypothetical question from another student and a response. Include the following information in your response:
  - a. 3 or more safe behaviors that children should follow
  - b. 3 or more benefits to engaging in these safe behaviors
4. Advice Column: Write an advice column on the importance of eating healthy and making healthy choices. Include a hypothetical question from another student and a response. Include the following information in your response:
  - a. 5 or more healthy food, snack, or drink options
  - b. 3 or more benefits to healthy eating
5. Editorial: Write an editorial (from the “I” perspective) on the importance of getting good sleep. Include the following information in your editorial.
  - a. Title of article
  - b. 3 or more strategies to get good sleep
  - c. 3 or more benefits to good sleep
6. Pictures, Images, and Color to enhance your newspaper.

## Need Help?

<p>Need an example on how to begin an advice column? If so, keep reading...</p> <p>Dear Mary, Lately, I have been getting picked on at school. I feel sad and don't know what to do. Can you help me? From, Anonymous</p> <p>Dear Anonymous, I'm sorry this is happening to you. I have some suggestions for you....</p>	<p>Need an example on how to begin an editorial? Remember that an editorial is from the “I” perspective. If so, keep reading...</p> <p>Turn Off the Video Game (This is the title)</p> <p>I believe that video games are taking over the lives of kids today...</p>
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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%  
 19= 97%  
 18= 94%  
 17= 91%  
 16= 88%  
 15= 85%  
 14= 82%  
 13= 79%  
 12= 76%  
 11=74%  
 10= 71%  
 9= 69%  
 8= 66%  
 7= 64%  
 6= 62%  
 5= 60%

