Health Smart Virginia Sample Lesson Plan

Grade 4 - HP-6
Physical Health
Disease Prevention/
Health Promotion
Virginia 2020 SOLs

Grade 4 Lesson Plan:
NCD and CD Prevention

Objectives/Goals

- Students will develop a plan involving the community to aid in prevention of either a non-communicable or communicable disease.
- Students will demonstrate knowledge of their chosen disease, label it as NCD od CD correctly, and identify potential prevention strategies.

Materials

- Pencils
- Crayons
- Markers
- Blank Paper
- Example chart from previous lesson
- Computers for research and power point

Procedure

Introduction: Review of NCDs and CDs

- What is the difference between a non-communicable and communicable disease?
- What are some of the diseases in each category? (Review charting activity from previous lesson)
- Discuss ideas for disease prevention: (teacher should make lists on board)
  - Non-Communicable: increase physical activity, reduce alcohol and tobacco use, reduce salt intake, improve nutrition, increase prevention screenings
  - Communicable: Wash hands often, prepare and handle food safely, clean and disinfect surfaces, vaccinations, cough/sneeze into elbow, don't share personal items, stay home when sick, etc.
- Discuss potential community resources that are available to aid in prevention (teacher should make list on board) Who do we know that can help us?

  o Health centers, schools, teachers, online community health, local gyms, doctors, registered dieticians, community nature initiatives, parks, recreational sports, as well as the following from the Centers for Disease Control: https://www.cdc.gov/nccdphp/dch/programs/healthycommunitiesprogram/tools/index.htm

Activity: Advocacy Project

- For this project, students may choose to work alone or with a partner.
- Project Guidelines: (teacher should review how students will be graded)
    - o Choose non-communicable OR communicable diseases
    - o You may choose to complete your project in a presentation format (i.e. power point), brochure style, or poster style.
    - o You may use a computer for research if desired but can only use the attached websites.
    - o Keep in mind that this is for other people. How can we help others learn more about diseases and how to prevent them?
    - o Your project must include the following:
        - Explanation of which type you chose (CD or NCD)
        - Examples of diseases under your chosen category
        - Prevention strategies
        - Community resources
        - Other people/things that could help (family, parents, other trusted adults, etc.)
        - Feel free to color and draw, be creative!

Closure: Present project

- Allow students to take turns describing their project to their classmates.
- Teacher should assess using the rubric during (and after) presentation.

Assessment Idea

- Teacher will assess student knowledge through observation and chart activity.
- Students will create an advocacy project (presentation, brochure, poster, etc.) that identifies ways to increase awareness on prevention strategies for non-communicable or communicable diseases in the community. Project should contain potential community resources and advocate for overall health. Students will present their projects to their peers during class.

References

- World Health Organization https://www.who.int/ncds/prevention/introduction/en/
- Fogarty International Center https://www.fic.nih.gov/ResearchTopics/Pages/ChronicDiseases.aspx
- Centers for Disease Control https://www.cdc.gov/globalhealth/healthprotection/ncd/index.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fglobalhealth%2Fhealthprotection%2Fncd%2Fresources%2Findex.html

- American Public Health Association https://www.apha.org/topics-and-issues/communicable-disease
- Centers for Disease Control- BAM https://www.cdc.gov/bam/diseases/index.html
- Kids Health https://kidshealth.org/en/kids

Handout

The next page includes the advocacy project rubric.

RUBRIC
Communicable and Non-Communicable Diseases Advocacy Project

STUDENT NAME(S): _____

CIRCLE ONE: NCD or CD

PROJECT STYLE CHOSEN: _____

KEY OUTCOMES	3	2	1
Disease Category Chosen and Explained	Project includes NCD or CD labeled, correct explanation, and many correct examples of diseases	Project includes NCD or CD labeled, correct explanation, and a few correct examples of diseases	Project is labeled but does not include examples or examples are incorrect
Prevention Strategies	Project provides multiple prevention strategies listed and explained as needed	Project provides only a few prevention strategies listed and explained as needed	Project provides few prevention strategies and are not explained as needed
Community Resources	Project advocates for community and adult resources available to help in the prevention of diseases.	Project lists only a few community and adult resources available to help in the prevention of diseases.	Project does not include community and adult resources available to help in the prevention of diseases.
Project Design and Presentation	Project is well-organized, easy to understand, and colorful. Students present project in front of class to show advocacy and health promotion.	Project is organized, understandable and students present to class.	Project is disorganized and hard to understand. Students may or may not present.