



SAMPLE LESSON PLANS

Grade 5 – Health Promotion

Unit 6

SOLs:

- 5.1.S Examine community health issues.
- 5.3.G Recognize parents, guardians, and other trusted adults as resources to promote health, prevent disease, and create a healthy community.
- 5.3.H Identify how culture, family, friends, and the media influence health practices.
- 5.3.K Promote the value of community health and wellness.
- 5.3.L Advocate for a caring school environment.
- 5.3.M Identify community health projects for peers and community groups to work on together.
- 5.3.N Promote volunteerism and community service,

Title: Community Health Fair

Objectives/ Goals: Students will coordinate a family and community educational event to promote health.

Materials:

- School facilities and invited community health representatives

Procedure:

- Actively involve students in the planning and coordination of a community health fair that includes information and activity booths set up by local community health representatives.
- At each area of activity, have students collect stamps to denote participation.

Assessment Ideas:

- Evaluate student participation in planning, displays, and activities.

References:

- * Action For Healthy Kids - Health and Wellness Fair <http://www.actionforhealthykids.org/tools-for-schools/find-challenges/gymnasium-challenges/1237-health-and-wellness-fair>
- * Action for Healthy Kids – How to Host a Health Fair – 7 Strategies for Success <http://www.actionforhealthykids.org/success-stories/1187-how-to-host-a-health-fair-7-strategies-for-success>
- * Good Health – Its’ Elementary! An Elementary School Health Fair <http://resources21.org/cl/contextual.asp?projectnumber=14>
- * Texas A & M Health Fair Planning Guide <http://fcs.tamu.edu/files/2015/02/health-fair-planning-guide.pdf>
- * Virginia Department of Health www.vdh.virginia.gov
- * American Cancer Society www.cancer.org
- * American Diabetes Association www.diabetes.org
- * American Heart Association www.heart.org
- * Virginia Safe Kids Coalition - <https://www.safekids.org/coalition/safe-kids-virginia>
- * Virginia Resource Directory – www.211.virginia.org