



Health Smart Virginia - Sample Lesson Plan

Grade 5 - Health Promotion

Unit 9

SOLs:

- 5.3.B Support others in making positive food choices, physical activity, and sleep choices

Title: Health Promotion Presentation Performance Task

Objectives/ Goals:

- The student will create a presentation and present to others with the goal of supporting others in making positive food choices, physical activity, and sleep choices

Materials:

- Health Promotion Presentation 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. Strategically create groups of three based on your class dynamics and monitor progress throughout. Assign a due date. |
| Step 3 | Once complete, allow groups to present to the class. With teacher permission, allow them to present to another class. |

Assessments, References & Sources: Mary McCarley, 2018

Health Promotion Presentation Performance Task

As 5th graders, you have the responsibility of being a positive role model for the younger students at your school. Your words and influence could positively change behaviors. Your mission is to make a difference and positively influence behaviors related to food choices, physical activity, and sleep in a classroom of younger students at your school.

In groups of three, complete the following tasks:

1. Choose a grade level that you would feel comfortable teaching a classroom of students.
2. Create your presentation. Divide responsibility and create your presentation in Google Slides. Include the following information and add pictures and color to each slide:
 - Guide to healthy eating (Note: For younger students, focus on eating fruit, vegetables, and drinking water)
 - Foods to limit or eat in moderation
 - Amount of physical activity recommended based on the *Physical Activity Guidelines for Americans*
 - Different forms of physical activity
 - Amount of sleep required for children (based on the age you are presenting to)
 - Ways to get good sleep at night
 - Additional information (Note: You can add additional information on positive food choices, physical activity, and sleep to meet the needs of the age you are presenting to.)
3. Create a game, activity, or homework assignment to review the key concepts of the lesson with the students in the class.
4. Divide responsibility and practice presenting your lesson and game, activity, or homework assignment.
5. Present to your own class to receive feedback to improve your presentation.
6. With teacher permission, present to a classroom of younger students.

Performance Task Rubric

| | Great Work 4 | Good Job 3 | Getting There 2 | Not Quite 1 |
|---------------------|--|--|---|--|
| Content | All requirements are met and exceeded. Information is accurate and in-depth with details. Content knowledge is excellent. | All requirements are met. Information is accurate. Content knowledge is good. | One requirement was not met. OR Most of the information is accurate but contains some factual errors. Content knowledge is below average. | More than one requirement was not met. OR Information includes several factual errors. Content knowledge is minimal. |
| Organization | 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. |
| Grammar | 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. |
| Presentation | Student uses a clear voice and correct, precise pronunciation of terms so that all audience members can hear. Student maintains eye contact with audience members. | Student's voice is clear and pronounces most words correctly. Most audience members can hear the presentation. Student maintains eye contact with audience members most of the time. | Student's voice is low and incorrectly pronounces terms. Audience members have a difficult time hearing the presentation. Student occasionally makes eye contact with the audience. | Student made little effort to project his/her voice, pronounce words correctly, and make eye contact with audience members. Presentation was difficult to hear and understand. |
| Effort | 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%

