



## Grade 7 Sample Lesson Plan: Unit 1 – The Circulatory System and Cardiovascular Health

### SOLs

- 7.1.A Identify and describe the major structures and functions of the circulatory system
- 7.1.H Describe how heredity influences growth and development.
- 7.2.D Describe how healthy food choices and physical activity keep the circulatory system healthy
- 7.3.A Create a campaign to promote cardiovascular health.

### Objectives/Goals

- Students will describe the circulatory system and the role of healthy food choices and physical activity in circulatory health. Students will create a campaign to promote cardiovascular health. Students will also briefly discuss how heredity influences growth and development, including the development of chronic conditions

### Materials

- Internet Access

### Procedure

- Have students watch the Mayo Clinic's video *Heart and Circulatory System: How they Work* <http://www.mayoclinic.org/diseases-conditions/heart-disease/multimedia/circulatory-system/vid-20084745> ; review the information and slideshow on the heart and circulatory system at <http://kidshealth.org/en/teens/heart.html?WT.ac=p-ra> ; or visit Scholastic Study Jams! Site on the circulatory system <http://studyjams.scholastic.com/studyjams/jams/science/human-body/circulatory-system.htm> which includes a video and quiz.
- Implement the activities on how healthy food choices and physical activity support the circulatory system from the American Heart Association middle school lesson plans, at [http://www.heart.org/HEARTORG/Educator/FortheClassroom/MiddleSchoolLessonPlans/Middle-School-Lesson-Plans\\_UCM\\_304280\\_Article.jsp#.WGLhY2VNGs0](http://www.heart.org/HEARTORG/Educator/FortheClassroom/MiddleSchoolLessonPlans/Middle-School-Lesson-Plans_UCM_304280_Article.jsp#.WGLhY2VNGs0)

- Plan a “Jump Rope for Heart” event ([http://www.heart.org/HEARTORG/Giving/ForSchools/JumpRopeforHeartEvent/Jump-Rope-for-Heart-Event\\_UCM\\_315609\\_SubHomePage.jsp](http://www.heart.org/HEARTORG/Giving/ForSchools/JumpRopeforHeartEvent/Jump-Rope-for-Heart-Event_UCM_315609_SubHomePage.jsp)) or Hoops for Heart ([http://www.heart.org/HEARTORG/General/For-Students-Hoops-For-Heart\\_UCM\\_312589\\_Article.jsp#.VJz4fArLic](http://www.heart.org/HEARTORG/General/For-Students-Hoops-For-Heart_UCM_312589_Article.jsp#.VJz4fArLic) )
- Have students work in groups to create a campaign to promote cardiovascular health (e.g., a poster; a series of tweets; a facebook post; morning announcements). The campaign should provide information on why cardiovascular health is important and promote activities (e.g., nutrition, physical activity, stress reduction) to keep the heart healthy. Students can refer to several existing resource websites as they develop this campaign (e.g., the American Heart Association’s *Healthy Living* site at [http://www.heart.org/HEARTORG/HealthyLiving/Healthy-Living\\_UCM\\_001078\\_SubHomePage.jsp](http://www.heart.org/HEARTORG/HealthyLiving/Healthy-Living_UCM_001078_SubHomePage.jsp) , CDC’s site: *Preventing Heart Disease: What You Can Do* <https://www.cdc.gov/heartdisease/prevention.htm> ). Put student work to good use! -use the developed campaign messages or materials on relevant school sites (i.e., school website or social media accounts, hallways, classroom, school announcements)
- Remind students of heredity’s role in growth and development; the inheriting of characteristics, traits, and genes from parents to their offspring, including the genes that increase risk of chronic diseases. A useful resource for explaining heredity is Scholastic *Study Jams! Heredity* <http://studyjams.scholastic.com/studyjams/jams/science/human-body/heredity.htm> . Another online student engagement resource on heredity, *Who’s Your Daddy?*, is an interactive resource that provides teacher information and an online activity that has students map inherited genetic traits (widow’s peaks, attached earlobes, blood type) to reunite babies and their parents after an earthquake <http://www.cccoe.net/genetics/index.html>
- Another potential assignment to enhance students’ understanding of the role of heredity on health is for students to work with their parents/relatives to develop a family health history (e.g., online resource, *My Family Health Portrait*, at <https://familyhistory.hhs.gov/FHH/html/index.html>)

### Assessment Idea

- Evaluation of student campaign
- Student participation in discussion and activities.

### References

- Mayo Clinic <http://www.mayoclinic.org/>
- KidsHealth.org <http://kidshealth.org>
- Scholastic Study Jams! <http://studyjams.scholastic.com>
- American Heart Association <http://www.heart.org>
- Centers for Disease Control and Prevention

<https://www.cdc.gov/heartdisease/prevention.htm>

- Department of Health and Human Services *My Family Health Portrait*, at <https://familyhistory.hhs.gov/FHH/html/index.html>