



Grade 7 Sample Lesson Plan: Health Promotion – The Ear Hears

SOLs

- Describe ways to prevent vision and hearing loss.

Objectives/Goals

- Students will identify the structures and functions of the human ear.
- Students will recognize and describe ways to prevent hearing loss.
- Students will create a chain link of the path of sound.

Materials

- KidsHealth Movie: Ears (<https://kidshealth.org/en/kids/ears-movie.html?ref=search>)
- Glue sticks
- Scissors
- Crayons
- Handouts *The Ears Hear, Parts of the Ear, Chain Link*
- PowerPoint presentation *The Ears Hear*

Procedure

Step 1

- Introduce the unit on the human ear and hearing by having the students view the KidsHealth Movie: Ears (5:07 in length).

Step 2

- Have students complete the notes pages *The Ears Hear* by utilizing the PowerPoint presentation slides.
- Slide 1: Introductory video is linked to this slide.
- Slide 2: Discuss the answers to general information about the ears and hearing. 1. Ear INFECTIONS are caused by germs from colds spreading to the middle ear. 2. HEARING loss and DEAFNESS may be caused by injury, disease, and birth defect. 3. The best way to care for your ears is to protect them from LOUD NOISES. 4. Never use COTTON SWABS to clean out the inside of your ears.
- Slide 3: Have the students brainstorm other ways to prevent hearing loss. There is no specific order, however the slides are 5. REGULAR CHECKUPS (going to the doctor to check for any signs of infections). 6. CLEAN EARBUDS (because of wax build up and

germs). 7. EAR PROTECTION (when in an environment of sustained or frequent loud sounds). 8. TREAT EAR INFECTIONS (quickly seek medical attention for an earache). 9. TURN SOUND DOWN (just at a level you can hear clearly). 10. GOOD HEALTH (maintain a healthy diet for overall wellness).

- Slide 4: Students should label the parts of the ear. Explain the purpose or function of each part.
 - 1. AURICLE – gathers/collects sound
 - 2. AUDITORY CANAL – pathway of sound
 - 3. EARDRUM – vibrates like the top of a drum
 - 4. HAMMER
 - 5. ANVIL
 - 6. STIRRUP
 - 7. COCHLEA – fluid moves causing tiny hairs to become stimulated; these hairs translate the movement into electrical impulses which are sent to the brain via the auditory nerve.
 - 8. SEMICIRUCLAR CANAL – fluid filled tubes that help keep balance
 - 9. EUSTACHIAN TUBE – controls pressure in the ear; equal to air pressure outside
 - 10. OSSICLES – the 3 small bones of the middle ear

Step 3

- Students should be grouped together (suggested 3-4/group).
- Provide each group with *The Ears Hear – Chain Link* handout, scissors, glue stick, and crayons.
- Explain the directions and demonstrate how to make a chain link to help students understand how to create the final product.
- Express that they should have 9 links of the path of sound, 4 links of how to protect ears from hearing loss, and 1 link with the names of the group members on it (in that order).
- Review the remaining directions and express that some of the links will have color/shapes on them.

Assessment Idea

Students can be graded on accuracy of *The Ears Hear – Chain Link* project. The links should follow the path of sound (AURICLE, AUDITORY CANAL, EARDRUM, HAMMER, ANVIL, STIRRUP, COCHLEA, AUDITORY NERVE, BRAIN) and the 4 blank links should relate directly to protecting the ears from hearing loss. Finally, grade step 4 of the process and make sure students have placed a green star on the HAMMER, ANVIL, and STIRRUP; a red circle on the AURICLE, a purple square on the COCHLEA, and an orange heart on the EARDRUM link.

References

- Adams, Stacy (2019), Health and Physical Educator; Shaler Area School District, Glenshaw, PA
- KidsHealth Movie: Ears (<https://kidshealth.org/en/kids/ears-movie.html?ref=search>)

Handout

The next page includes a handout for the lesson. The handout is designed for print use only.

Handout Title

Handout directions, etc.