



Grade 9 Sample Lesson Plan: Unit 20 – Analyzing Influences: Favorite Song

SOLs

- 9.1.p Evaluate how social environments affect health and well-being.

Objectives/Goals

- Students will learn to analyze influences in their life that can positively or negatively affect their health
- Students will analyze their favorite pop culture song and determine if:
 - It is an internal or external influence or both
 - The song positively or negatively impacts their health

Materials

- Analyzing Influences ppt
- Analyzing Influences: Internal and External
- Analyzing Influences: Favorite Song Doc
- Flipgrid - <https://resources.flipgrid.com> (optional)
- White screen with projector or large monitor, computer with online access

Procedure

Steps:	Action:	Tips:
Step 1:	<p>Do Now Activity: Share your favorite pop culture song with a partner in class. Why do you like the song? Give specific details. What factors influence your liking of the song?</p>	<p>Say, “Today we are going to practice analyzing influences on our health. We will examine internal and external factors that can influence our health. We will also evaluate how these factors affect our thoughts, values, beliefs and behavior choices. If the factor(s) affects one's health in a negative way one should consider removing this influence from their life.”</p>
Step 2:	<p>Announce the Goals for the Day:</p> <ul style="list-style-type: none"> ● Students will learn to analyze influences in their life that can positively or negatively affect their health ● Students will analyze their favorite pop culture song and determine if: <ul style="list-style-type: none"> ○ it is an internal or external influence or both ○ the song positively or negatively impacts their health 	
Step 3:	<p>On the projector go over:</p> <ul style="list-style-type: none"> ● Analyzing Influences ppt ● Analyzing Influences: 	

References

RMC Health Transforming Professional Learning rhc.org
Kimberly Ohara-Borowski M.Ed. Ocean View High School

Handout

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

Analyzing Influences

External:

- Family •
- Peers/Friends •
- School •
- Community •
- Media: TV,
books, music •
- Technology •
- Culture • Policies
- Laws/policies •
- Social norms

Internal:

- Feelings • Wants and needs •
- Likes and dislikes • Personal
values and beliefs •
- Perception of social norms

Analyzing Influences: Favorite Song



Directions:

Find a song in pop-culture that can influence one's health in a positive way or a negative way. Answer the questions below before filming your video.

Questions:

1. Share the name of the artist & song.
2. What is the [influence](#)? Is it an internal or external influence?
3. Does this song have a positive or negative influence on our health? Why?

(Write out your answers first before you film your video)



What is Flipgrid?






Flipgrid is the leading video discussion platform used by PreK to PhD educators, students, and families around the world. Teachers post topics to spark the conversation and students respond with short videos. Define your voice. Share your voice. Listen to the voices of others.

Access for Students.

Teachers invite students to participate in Flipgrid discussions, using either web-enabled or mobile devices.

Macs, PCs & Chromebooks	iPads, iPhones & Androids
Teachers share the grid URL with students to access through a browser. No need to download anything!	Download the free Flipgrid app for iOS or Android. Teachers share the grid code for students to access through the app.

Let's Start Recording!

-  Students select a topic and then tap the green plus to start the record process
-  Record a video - flip the camera and pause while recording!
-  Review the video - gain confidence with unlimited retakes!
-  Take a selfie - customize the image to add style!
-  Enter Info - last step before submitting the video!



Watch as students have fun sharing their knowledge and learning from other student videos!



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Let's Get Started!

Sign up for your **FREE** teacher account at flipgrid.com. Then follow these 3 easy steps to start the discussion!

1 Create a Grid

A grid is your classroom or community of learners. Name it after your class and set the security settings. Only those with the grid URL can find your grid.

2 Add Topics

Topics are the questions or themes your students discuss. At least 1 topic is required to start, such as class introductions, but you can add unlimited topics throughout the year!

3 Share with Students

Students do not create accounts on Flipgrid. Just share the grid URL for easy access on Macs, PCs, or Chromebooks. Students with mobile devices access your grid using the free Flipgrid app.



Watch as students share their voices and ignite a community discussion!