



Grade 9 Lesson Plan: Community Wellness

SOLs

- 9.3 E Promote community health promotion and/or disease prevention projects.

Objectives/Goals

- Students will be able to describe healthy and unhealthy indicators for individual, school and community health
- Students will identify healthy and unhealthy locations in their community.
- Students will advocate for improvements within their community based on their health community map assessment.
- Students will promote and highlight areas in their community that encourage health and wellness based on their health community map assessment

Materials

- Journal/paper for quick write
- Printed map of your community
- Red and Green Pencils
- Optional Tech-Create your own Google Map
 - <https://www.youtube.com/watch?v=BQIKax85icc&feature=youtu.be>
- *Community Health Mapping Assessment Rubric*

Procedure

Step 1 Do Now Activity Quick Write (10 mins)

Prompt:

- What health habits do you do to keep yourself healthy?

1. As students enter class have them answer the prompt in their journal.

Additional Prompts:

What are some barriers that can keep you from making healthy decisions regarding your health? Who/what influences you to make healthy decisions when it comes to your health?

Step 2 Whole Class Discussion (15 mins)

Class Discussion Prompts:

What are indicators of overall good individual health? How do we measure good health?

Ex. Blood pressure, heart rate, VO2 Max, BMI, Body Fat Percentage, Blood Panel

What are indicators of a healthy/unhealthy school?

Ex. Graduation rates, Test scores, Attendance, Programs, Clubs, Parent Involvement, Community Resources, Facilities, Trash, Bullying, Graffiti, Fights

What are indicators for a healthy/unhealthy community?

Ex. Parks (leisure and recreation areas), Recreation Centers, Community Classes, Community Service Projects, City Upgrade Projects (roads, parks, buildings), Quality and Access to Health Services, Life Expectancy, Information on Mental Health, Fast Food Restaurants, Liquor & Tobacco Stores, Pollution, Landfills, Coal Mines, Trash/Waste, Violence, Graffiti, Gangs

Step 3 Mapping the Health of our Community (40 mins)

Instructor Considerations:

Depending on the size of your city determine if you want to identify a specific area around your city/school, examine one specific area and/or split students into groups and have them investigate different regions within the city.


Materials:

- Printed map of your city for all students
- Green and red colored pencils to shade in the healthy and unhealthy areas within the city
- **Optional Tech Integration:** computer and internet access to create a google map online
 - Click here for a video
<https://www.youtube.com/watch?v=BQIKax85icc&feature=youtu.be>
on how to create your own google map with healthy/unhealthy markers

Printed Map Directions:

1. Students will work in pairs or individually to identify healthy (shade in green) and unhealthy (shade in red) areas within their community.
2. Students will create a key on the map identifying healthy/unhealthy areas within their city.
3. Students will include a key and a description on why that specific location within the community is healthy or unhealthy.

Google Maps (Optional)

- Students will work in pairs or individually to identify healthy (green pin marker ) and unhealthy (red pin marker) indicators within their city.
- Students will include a description of their markers on why that specific location within the community is considered healthy or unhealthy by them.

Assessment Ideas:

- See Rubric, *Community Health Rubric Assessment*.

Ideas for Performance Assessment:

- Students could share their findings to the school board and/or city council.
- Students can share their findings in a reflective blog/newspaper post for the school website.
- Students can share their findings in a class podcast.

Community Health Mapping Assessment Rubric:			
	Meets the Criteria	Does Not Meet Criteria	Points
Community Map <ul style="list-style-type: none"> Identifies Areas of Health and Wellness 	Thoroughly identifies areas (shaded green or used green marker in google maps) that promote health and wellness throughout the city.	Does not identify areas that promote health and wellness throughout the city.	
Community Map <ul style="list-style-type: none"> Identifies Unhealthy Areas 	Thoroughly identifies areas within that city that are unhealthy (shaded red or used red marker in google maps).	Does not identify areas within that city that are unhealthy (shaded red or used red marker).	
Community Map Key	Includes a thorough description of why that specific location within the community is healthy or unhealthy	Does not include a key with a description of why that specific location within the community is healthy or unhealthy	
Offers Suggestions on Improvements for the Health of the Community	Includes thorough examples ideas on how the community can improve the health of the community.	Does not include examples or ideas on how the community can improve the health of the community.	
Promotes and Highlights Areas Around their City that Promote Health and Wellness.	Thoroughly identifies and describes areas in their city that promote health and wellness.	Does not identify or provide examples of areas in their city that promote health and wellness.	
Comments: Areas of Improvement:			Total Points:

Resources:

- <http://www.thethinkingstick.com/10-ways-to-use-google-maps-in-the-classroom/>

References:

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HEALTH PERFORMANCE ASSESSMENTS

Written

- Advertisement
- Blog post
- Board Game
- Book
- Brochure
- Bulletin Board
- ebook or ibook
- Essay
- Fitness Calendar
- Journal
- Letter
- Magazine article
- Menu
- Newspaper article
- Poem
- Portfolio
- Position paper
- Questionnaire
- Research report
- Script
- Story
- Survey
- Threaded Discussion
- Website
- Wellness Plan

Oral

- Debate
- Interview
- Podcast
- Poster Presentation
- Presentation
- PSA
- Radio Ad
- Rap
- Role-Play
- Skit
- Speech
- Song
- Teach a lesson
- Vlog

Visual

- Animation
- Cartoon
- Collage
- Comic Strip
- Dance
- Gif Animation
- Infographic
- Painting
- Photographs
- Photo Journal
- Puppet Show
- Social Media Page
- Video
- Video Game
- YouTube Channel