



## Grade 5 Sample Lesson Plan: Unit 11 Health Promotion – Eye Illusions

### SOLs

- 5.1.J Recognize the importance of good hygiene habits.
- 5.1.K Describe ways to prevent visions and hearing loss.

### Objectives/Goals

- Students will identify the structures and functions of the human eye.
- Students will recognize and describe good hygiene practices and care for the eye.

### Materials

- KidsHealth Movie: Eyes (<https://kidshealth.org/en/kids/eyes-movie.html>)
- Handouts *Eye Illusions* (includes example *Exit Ticket*)
- PowerPoint presentation *Eye Illusions*

### Procedure

#### Step 1

- Introduce the unit of the human eye by having the students view the KidsHealth Movie: Eyes (5:09 in length).

#### Step 2

- Have students complete the notes page *Eye Illusions* by utilizing the PowerPoint presentation slides.
- Slide 2: Students should attempt to complete questions #1.-6. on their own prior to discussing the correct answers. 1. BREAK, 2. T.V., 3. LIT, 4. SAFETY, 5. SUNGLASSES, 6. RUB Express to the students that several of the answers include 'resting' the muscles of the eye; like any other muscles overuse or straining can cause problems.
- Slide 3: Define the three most common eye problems. Farsighted vision is when an individual CAN SEE OBJECTS FAR AWAY; CLOSE OBJECTS ARE BLURRY. Nearsighted vision is when someone CAN SEE OBJECTS CLOSE BY; DISTANT OBJECTS ARE BLURRY. Astigmatism is a MISSHAPED CORNEA OR LENS. No matter the vision problem the most common treatment is glasses or contacts, however surgery could be an option as well.
- Slide 4: Discuss the parts of the eye and their functions.

- A. IRIS is the round colored part of the eye that contains a muscle to contract or dilate the pupil controlling the amount of light entering the eye.
- B. CORNEA is the clear outer protective layer of the eye.
- C. PUPIL is the dark opening where light enters.
- D. LENS focuses the light (onto the retina).
- E. OPTIC NERVE carries the message to the brain.
- F. RETINA takes the focused light and sends the information to the brain.
- Another way to understand how this works is to teach that light enters the eye through the CORNEA and PUPIL. The amount of light is regulated by the IRIS. The light continues onto the LENS which focuses the light ray onto the RETINA. The information is transferred to the OPTIC NERVE and the brain converts this to an image.

### Step 3

- Slides 5-9 coincide with the handout *Eye Illusions*.
- These optical illusions are an interesting way for students to understand errors occur between the information the eye sends to the brain and what the brain interprets as the image seen.
- Students can complete this assignment individually or in small groups.
- All questions have a correct answer except #4 and #8.
  - 1. STRAIGHT
  - 2. NEITHER (they are the same size)
  - 3. GOOD and EVIL
  - 4. We don't know. There is not enough information.
  - 5. NEITHER (they are the same size)
  - 6. Two THE's
  - 7. 6
  - 8. Individual specific answer
  - 9. HIDE AND SEEK

### Assessment Idea

Students should complete an Exit Ticket prior to the end of the class. This should be done without the handouts/notes. "What are 3 ways you can prevent vision loss and take care of your eyes?" Question can also be found on Slide 10 of the PowerPoint presentation.

### References

- Adams, Stacy (2019), Health and Physical Educator; Shaler Area School District, Glenshaw, PA
- KidsHealth Movie: Eyes (<https://kidshealth.org/en/kids/eyes-movie.html>)
- Schoolyard: 3 Simple Exit Tickets Boost Student Comprehension (<https://blog.schoolspecialty.com/3-simple-exit-tickets-boost-student-comprehension/>)

### Handout

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