Grade 8 Sample Lesson Plan:
Unit 1 – Health Goals

SOLs

- 8.1.B Assess the health risks of a sedentary lifestyle.
- 8.1.E Assess the health risks of not getting enough sleep. .
- 8.1.L Describe the relationship between healthy behaviors and cognitive performance.
- 8.2.C Determine the benefits of developing and implementing short- and long-term personal and family health and fitness goals that are achievable and purposeful. disease, stroke, and other chronic diseases.
- 8.2.N Evaluate the importance of developing relationships that are positive and promote wellness.
- 8.2.J Create short- and long-term health and fitness SMART goals that are achievable, purposeful, and that support cognitive performance and academic success.
- 8.3.B Evaluate the physical, mental, and social benefits of physical activity.
- 8.3.C Develop practical solutions for removing barriers to physical activity and healthy food choices.
- 8.3.D Identify strategies to increase water intake.
- 8.3.E Create a plan to make healthy food choices, including choosing fruits and vegetables, in a variety of settings.
- 8.3.F Encourage family and peers to choose healthy foods.
- 8.3.J Identify ways for students to develop relationships that are positive, promote wellness, and prevent gang involvement.
- 8.3.P Analyze opportunities for community service.

Procedure

- The Health Smart Virginia website provides a bank of suggested lesson plans and activities to address the Grade 8 Health SOLs in the *Related Resources* listing under this lesson on the website. To directly access these on their source sites, click the links on the references below.

Assessment Idea

- Evaluate student completion of the following activities

References

Students create their own SMART short and long term goals for health and fitness. Specific: *What exactly do you want to accomplish?*

Measurable: *How can you know/prove that you have reached this goal?* Achievable: *Is achieving this realistic? Make sure the goal is challenging but not impossible*

Relevant: *Make sure your goal is something that relates to your interests, needs, and abilities*

Time-Bound: *When will you achieve this goal? Make sure you have a target date for completion.*

Students identify specific steps/activities/behaviors that they can try for a defined period of time (e.g., one day, one week, one month) to achieve the goal.

Students think about potential obstacles to achieving the goal, actions they will take to solve these, and the people that will help them along the way.
Students try out their planned behaviors/activities related to those goals for a one week period.
Students document their progress and achievements using a weekly planner or activity log and report on their experience.

Following are student worksheet example from the Colorado Education Initiative. http://www.coloradoedinitiative.org/wp-content/uploads/2014/10/GS-6-8-model.pdf In addition, Chapter 5 of the Body Works Body Basics Booklet included with this lesson on the Health Smart Website provides excellent resources for fitness and health goal setting

References

- 101 Tips for Teaching About Nutrition http://westerndairyassociation.org/download/101-tips-for-teaching-nutrition-in-pe/
- 5-2-1-0 Let's Go Middle and High School Toolkit: http://www.letsgo.org/programs/schools/middlehigh-school-toolkit/
- American Heart Association (AHA) Middle School Lesson Plans http://www.heart.org/HEARTORG/Educator/FortheClassroom/MiddleSchoolLessonPlans/Middle-School-Lesson-Plans_UCM_304280_Article.jsp?appName=MobileApp
- AHA – Brain Power https://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm_467221.pdf
- AHA – Don't Fumble With This Jumble https://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm_306494.pdf
- AHA – Garden Growing While on the Move http://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm_467219.pdf
- AHA – NFL Play 60 Challenge http://www.heart.org/HEARTORG/Educator/FortheClassroom/NFLPlay60Challenge/PLAY-60-Challenge-Lesson-Plans_UCM_453013_Article.jsp#.V_K0AvArLic
- AHA – Our Challenge: A Look At the Obesity Epidemic https://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm_452021.pdf

- AHA - Obesity Trends https://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm_452018.pdf
- AHA – Stepping Across the States - http://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm_306495.pdf
- AHA - We Jump We Shoot We Save Teachers Guide 2012-13 http://www.heart.org/idc/groups/heart-public/@wcm/@fdr/documents/downloadable/ucm_467922.pdf
- AHA - We Jump We Shoot We Save Teachers Guide 2013-14 http://www.heart.org/idc/groups/heart-public/@wcm/@fdr/documents/downloadable/ucm_467933.pdf
- AHA - What or Who Influences Your Food Choices https://www.heart.org/idc/groups/heart-public/@wcm/@global/documents/downloadable/ucm_314238.pdf
- Alliance for a Healthier Generation – Care 2 Eat Lesson Plans https://www.healthiergeneration.org/_asset/q3z44t/10-1662_Care2Eat.pdf
- Body Works Program - Office of Women's Health, DHHS www.womenshealth.gov
- CDC- BAM! Body and Mind- http://www.cdc.gov/bam/nutrition/index.html
- Colorado Education Initiative -Goal Setting Lesson http://www.coloradoedinitiative.org/wp-content/uploads/2014/10/GS-6-8-model.pdf
- Food Span - Johns Hopkins Center for a Livable Future http://foodspanlearning.org/
- FCS Fast Food Commercials & Nutrition Lesson: http://www.familyconsumersciences.com/2012/10/fast-food-commercials-nutrition/
- Food Day Curriculum https://d3n8a8pro7vhmx.cloudfront.net/foodday/pages/24/attachments/original/1407160267/Curriculum2014.pdf?1407160267
- Food Span -Johns Hopkins Center for a Livable Future: http://foodspanlearning.org/
- Fit Armadillo - Smart Goals Lesson Plan http://fitarmadillo.com/back-to-school-2014-smart-goals-lesson-plan/
- Girlshealth.gov- Nutrition: http://www.girlshealth.gov/nutrition/index.html https://classroom.kidshealth.org/classroom/6to8/personal/nutrition/healthy_snacking.pdf
- Glencoe Online Learning Center - Unit 1, Lesson 4 - Analyzing Influences on Health http://www.warrenkyschools.org/userfiles/2798/Classes/16329/lesson04.pdf
- Kids Health Fast Breaks -NBA Fit Classroom Lesson https://kidshealth.org/classroom/posters/nba_fit_classroom_color.pdf
- Kids Health Teacher's Guides Grades 6-8
  --*Breakfas*t

  https://classroom.kidshealth.org/classroom/6to8/personal/nutrition/breakfast.pdf
  -*School Lunch*

  https://classroom.kidshealth.org/classroom/6to8/personal/nutrition/school_lunch.pdf
  -*Food Labels*

  https://classroom.kidshealth.org/classroom/6to8/personal/nutrition/food_labels.pdf
  -*Healthy Snacking*

  https://classroom.kidshealth.org/classroom/6to8/personal/nutrition/healthy_snacking.pdf

  -*Fitness* http://kidshealth.org/classroom/6to8/personal/fitness/fitness.pdf

-*Sleep* https://classroom.kidshealth.org/classroom/6to8/body/functions/sleep.pdf
-*Screen Time* http://kidshealth.org/classroom/6to8/personal/fitness/screen_time.pdf
-*NBA Fit Classroom* http://kidshealth.org/classroom/posters/nba_fit_classroom_color.pdf

- Lets Get Moving Unit – Michigan State University http://commtechlab.msu.edu/sites/letsnet/noframes/subjects/health/b8u4.html
- Maricopa Schools -My Plate Based Grade 5-8 Curriculum http://www.maricopaschoolwellness.org/grades-5-8
- Mission Nutrition Canada http://www.missionnutrition.ca/eng/announcement.html
- NIH Healthy Behaviors: Lesson 2 – Influences on Behavior https://science.education.nih.gov/supplements/nih7/healthy/guide/lesson2.html
- PBS Frontline- obesity, eating habits, and weight loss: http://www.pbs.org/wgbh/pages/frontline/teach/fat/lesson2.html
- PE Central Physical Activity Lesson Ideas and Resources http://www.pecentral.org
- PE Central- Food Pyramid Game: http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=2645
- PE Central -Calculating Fat, Carbohydrates & Proteins: http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=919
- Produce for Better Health- Teacher's "Rainbow" Curriculum http://pbhfoundation.org/pub_sec/edu/cur/rainbow
- Read Write Think Grocery Store Scavenger Hunt http://www.readwritethink.org/classroom-resources/lesson-plans/grocery-store-scavenger-hunt-1140.html
- Sample Physical Activity Log – Michigan State University http://commtechlab.msu.edu/sites/letsnet/frames/subjects/health/log.html
- Safe Routes **h**ttp://www.saferoutesinfo.org/program-tools/access-classroom-resources
- Scholastic -Healthy Body Image Lesson Plan https://beta.scholastic.com/teachers/lesson-plans/teaching-content/body-image/
- Sleep- NIH Curriculum Supplement https://science.education.nih.gov/supplements/nih3/sleep/guide/nih_sleep_curr-supp.pdf
- Stress Lessons – Grade 7 to 9 – Psychology Foundation of Canada https://peitfsca.files.wordpress.com/2012/09/khst_grades7-9manual1.pdf
- Stress Management Unit Plan http://thehealthteacher.com/unit-plan-stress-management/
- Teaching Fast Food Nation 7-12 http://www.bookrags.com/lessonplan/fast-food-nation/#gsc.tab=0
- USDA Choose My Plate Teacher Resources: https://www.choosemyplate.gov/teachers
- USDA Choose My Plate Parents & Educators Resources https://www.choosemyplate.gov/kids-parents-educators
- UC Davis Youth Nutrition Education Materials: http://fsnep.ucdavis.edu/curriculum/youth-materials
  -Nutrition to Grow On Curriculum http://cns.ucdavis.edu/resources/ntgo/index.html
  -Eat Fit http://fsnep.ucdavis.edu/curriculum/youth-materials/youth-materials/ef/eatfit

USA Today- Obesity: www.usatoday.com/educate/casestudies/obesity.pdf

Handout

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

Getting Started with Goal Setting

Step 1: Identify a Goal

Think about how you can make this goal **specific**, **measurable**, **attainable**, **realistic**, and completed on **time**. (SMART)

Write your specific goal. _____

My goal is clear? **(Specific)**	I'll know when I reach my goal. **(Measurable)**	Is the goal attainable (given knowledge, skills, ability?) **(Attainable)**	My goal in my reach? **(Realistic)**	My goal has a time limit. **(Time Phased)**
How?	How?	How?	How?	How?

What are the benefits to you for reaching this goal? _____

Why is this goal important to you? _____

Who will you share your goal with for feedback and to help keep you on track?

What will you do to celebrate when you reach your goal? _____

Colorado Education Initiative coloradoedinitiative.org
Health Skills Models: www.rmc.org/healthskills

Step 2: Create an Action Plan

Goal: _____

_____

Goal Start Date: _____ Goal End Date: _____

Steps I Will Use to Reach My Goal: Place a checkmark next to each step once it is completed:

Measurable steps to the goal	Starting and completion dates	What do I need?	Did I achieve it?	Why not? What is my solution?

Who can support me in reaching my goal? _____

_____

_____

_____

_____

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Step 3: Reflection

Why was this goal important to me?_____

_____

_____

Did I reach my goal? YES NO

What things did I do that made it possible for me to reach my goal? _____

_____

_____

_____

If I did not reach my goal, why didn't I? _____

_____

_____

_____

Did I have to change anything while I was working on my goal? Explain. _____

_____

_____

_____

_____

How did this goal benefit my life? _____

_____

_____

_____

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