



Grade 10 Sample Lesson Plan: Unit 9 – Health Heroes

SOLs

10.2.n Calculate the importance of support and encouragement from positive role models.

Objectives/Goals

- Students will identify a person that is a great role model/ hero to them and analyze how this person’s accomplishments have impacted their own health.

Materials

- Rate my traits PowerPoint
- Rate their traits worksheet
- Heroes PowerPoint
- Assignment sheet

Procedure

Step 1	Go over the <u>PowerPoint</u> of the different traits that are needed to be a good leader	Essential Question:
Step 2	Have students <u>rate their traits</u> .	

Step 3	Go over the <u>PowerPoint</u> on heroes	
Step 4	<p>★ <u>Assignment Sheet</u></p> <p>★ Choose a person that you see as a leader, advocate, or possibly both and create a PowerPoint on the person and include the following items:</p> <ul style="list-style-type: none"> ■ The person’s name and photo of this person ■ A bio of this person ■ Identify several qualities or values they have that you admire and respect. ■ Describe what they have done to make them such a great leader/advocate, etc. <ul style="list-style-type: none"> ● Include some of their crowning achievements ● Write a quote from yourself about them and put it into the presentation. Get other quotes from people, if possible. <p>○ Describe if this leader is also an advocate. If so, what have they done to demonstrate this.</p> <p>○ Analyze how this Hero has impacted your health & your desire to be a leader.</p> <p>○ Compare and contrast the skills needed for being a great leader and a great advocate. You can use a Venn diagram if you would like or you can just type it out.</p> <p>○ Please make it creative and colorful and it is my hope that you will share it with that person.</p>	Essential Question:

References

- Melanie Lynch, M.Ed. State College Area High School