Grade 10 Sample Lesson Plan:
Unit 4 – Rapping About Relationships

SOLs

- **10.1.q**   Describe the health benefits of positive self-esteem, balance, flexibility, resilience, and healthy relationships with others.
- **10.1.r**   Identify characteristics of healthy peer, family, and dating relationships.

Objectives/Goals

- Students will create a rap that identifies traits that will create healthy relationships.

Materials

- [Healthy Relationships Presentation](#)
- [Relationship Rap](#) assignment

Procedure

Step 1

- Go over healthy relationships using the [Healthy Relationships Presentation](#)
- Essential Questions:
    - What are some traits that make up a healthy relationship?
    - Why are healthy relationships so vital for our health and well-being?

Step 2

- In your groups, create a healthy [Relationship Rap](#)

References

- Melanie Lynch, M.Ed. North Allegheny School District

Handout

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

RAPPING ABOUT RELATIONSHIPS

DIRECTIONS: YOU AND YOUR GROUPS ARE GOING TO BECOME RAP ARTISTS FOR 2 CLASS PERIODS BY CREATING A RAP OR RHYMES ABOUT WHAT CONSTITUTES A HEALTHY RELATIONSHIP. FOLLOW THE CRITERIA THAT IS LISTED BELOW THAT SHOULD BE INCORPORATED IN YOUR RAP. YOU WILL CREATE YOUR VIDEO IN *IMOVIE* ON THE IPAD. PLEASE EDIT AS NEEDED.   YOU WILL UPLOAD YOUR VIDEO TO GOOGLE DOCS

*PLEASE REMEMBER YOUR IPAD NUMBER
*TALK TO GROUP MEMBERS IF YOU ARE WILLING TO SHARE WITH CLASS
*SAVE VIDEO BEFORE UPLOADING
*MAKE SURE YOU SPEAK LOUDLY AND CLEARLY

45 Second rap/rhyme (3pts) ____

Definition of relationships (3pts) ____

The four c's of a healthy relationship (3pts) ____

At least 4 different character traits of a relationship (3pts)____

Three different communication styles (Passive, aggressive, assertive) (3PTS) ____

Body language/active listening techniques (3pts) ____

Technology and creativity (3PTS) ____

Total 21Pts____