



SAMPLE LESSON PLANS

Grade 4 Sample Lesson Plan: Unit 5 – Health Promotion Newspaper Performance Task

SOLs

- 4.1.B Describe the benefits of a physically active lifestyle, safe behaviors, healthy food choices, and sleep.
- 4.2.B Explain how physical activity, rest, and sleep affect health.

Objectives/Goals

- The student will create the front page of a newspaper describe the benefits of a physically active lifestyle, safe behaviors, healthy food choices, and sleep.
- The student will explain how physical activity, rest, and sleep affect health.

Materials

- Health Promotion Newspaper Performance Task (includes rubric)

Procedure

Step 1

- Review the performance task before introducing it to your students.

Step 2

- Pass out a copy of the performance task to each student and review the expectations of the project. Students can create the front page of the newspaper digitally or hand written. As a class, discuss the difference between writing an article, editorial, and advice column. Remind them that there is an example of an advice column and editorial at the bottom of page one. Review the expectation of doing research on their device to find accurate information for their articles.

Step 3

- Once complete, allow students to share their newspapers with a classmate or among their table.

References

- Mary McCarley, 2018

Handout

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