



Grade 7 Sample Lesson Plan: Unit 2 – Physical Activity and Stress Management

SOLs

- 7.1.B Identify ways to increase daily physical activity.
- 7.1.C Explain the concept of active transportation (walking and biking).
- 7.1.D Evaluate the impact of sleep and rest on physical, social, and emotional health and on cognitive performance.
- 7.1.L Analyze the benefits of stress management and stress-reduction techniques.
- 7.2.A Determine the health benefits of regular physical activity and fitness.
- 7.2.B Examine the importance of participating in recreational and leisure activities.
- 7.2.C Calculate the health benefits of active transportation.
- 7.2.I Compare current personal sleep and rest habits with recommended guidelines for teenagers.
- 7.2.J Evaluate the impact of sleep and rest on physical and mental performance.
- 7.3.B Formulate a plan to increase opportunities for physical activity at home, at school, and in the community.
- 7.3.C Design and promote safe walking and bike routes to and from school or another location in the community.
- 7.3.E Encourage peers and family members to eat healthy foods and to be physically active.
- 7.3.F Create a personal and family plan to meet guidelines for sleep and rest.

Procedure

- The Health Smart Virginia website provides a bank of suggested lesson plans and activities to address the Grade 7 Physical Activity and Stress Management 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.

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.lets-go.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.p

[df](#)

- 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 – Lesson In Sportsmanship -
- 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 NFL Fuel Up to Play 60
http://www.heart.org/HEARTORG/Educator/FortheClassroom/Play60Challenge/PLAY-60-Challenge_UCM_304278_Article.jsp#.WIBGbGVNFho
- Body Works Program - Office of Women's Health, DHHS www.womenshealth.gov
- CDC BAM! Physical Activity- <http://www.cdc.gov/bam/activity/index.html>
- Grade 7 Stress Management – Alberta
<http://www.albertahealthservices.ca/assets/healthinfo/AddictionsSubstanceAbuse/if-tch-grade7-stress-management.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
 - 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
 - Sports Safety* http://kidshealth.org/classroom/6to8/personal/fitness/sports_safety.pdf
 - Sportsmanship* <http://kidshealth.org/classroom/6to8/personal/fitness/sportsmanship.pdf>
 - Stress* <https://classroom.kidshealth.org/classroom/6to8/problems/emotions/stress.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>
- Mission Nutrition Canada <http://www.missionnutrition.ca/eng/announcement.html>
- PE Central Physical Activity Lesson Ideas and Resources <http://www.pecentral.org>

- Safe Routes <http://www.saferoutesinfo.org/program-tools/access-classroom-resources>
- Stress Lessons – Grade 7 to 9 – Psychology Foundation of Canada
https://peitfsca.files.wordpress.com/2012/09/khst_grades7-9manual1.pdf
- UC Davis Eat Fit Curriculum <http://fsnep.ucdavis.edu/curriculum/youth-materials/youth-materials/ef/eatfit>
- Sleep- NIH Curriculum Supplement
https://science.education.nih.gov/supplements/nih3/sleep/guide/nih_sleep_curr-suppl.pdf
- Stress Management Unit Plan <http://thehealthteacher.com/unit-plan-stress-management/>