



## Grade 8 Sample Lesson Plan: Unit 10 – Stroke Prevention

### **Description**

Please see attached handout for a lesson submitted by a Virginia teacher


### **Handout**


The next page includes a handout for the lesson.

# Stroke Prevention

8.3.b Evaluate the physical, mental, and social benefits of physical activity.

8.3.g Develop a strategy to prevent diabetes, heart disease, stroke, and other chronic diseases and conditions.

	Link						
 <p>What is a stroke?</p> <p>Who is at risk for stroke?</p> <p>How can strokes be prevented?</p>	<p>A healthy heart is essential to a healthy body. Why? Write 3 facts that you already know about the heart in the boxes.</p> <table border="1"><tbody><tr><td>1.</td><td></td></tr><tr><td>2.</td><td></td></tr><tr><td>3.</td><td></td></tr></tbody></table> <p>The heart is an important organ that keeps the blood moving throughout the body. Blood brings important nutrients to all body systems, including the brain. The brain needs oxygen and glucose from blood to function. What happens when the blood supply in the brain changes? The result may be a stroke. In this lesson, you will learn about what a stroke is, what the risk factors are, and ways to prevent stroke.</p>	1.		2.		3.	
1.							
2.							
3.							

	Explore
	<p>Use one of the following resources to learn about stroke. During your reading, respond to the questions in complete sentences.</p> <ul style="list-style-type: none"><li>❖ Library Database: Cavendish Square <a href="https://www.fcps.edu/resources/library/online-databases-and-e-books?keywords=Cavendish">https://www.fcps.edu/resources/library/online-databases-and-e-books?keywords=Cavendish</a> (login is Fairfax; password is Fairfax)<ul style="list-style-type: none"><li>➤ Stroke and Related Disorders</li><li>➤ Description of Stroke</li><li>➤ Risk Factors</li></ul></li><li>❖ NIH National Heart, Lung, and Blood Institute<ul style="list-style-type: none"><li>➤ What is a Stroke? <a href="https://www.nhlbi.nih.gov/health/health-topics/topics/stroke">https://www.nhlbi.nih.gov/health/health-topics/topics/stroke</a></li><li>➤ Who is at Risk for a Stroke? <a href="https://www.nhlbi.nih.gov/health/health-topics/topics/stroke/atrisk">https://www.nhlbi.nih.gov/health/health-topics/topics/stroke/atrisk</a></li><li>➤ What are the Signs and Symptoms of a Stroke? <a href="https://www.nhlbi.nih.gov/health/health-topics/topics/stroke/signs">https://www.nhlbi.nih.gov/health/health-topics/topics/stroke/signs</a></li><li>➤ How Can a Stroke be Prevented? <a href="https://www.nhlbi.nih.gov/health/health-topics/topics/stroke/prevention">https://www.nhlbi.nih.gov/health/health-topics/topics/stroke/prevention</a></li></ul></li></ul> <p>Write responses to questions in the boxes provided:</p>

Describe what a stroke is and describe the two different types of stroke:

A stroke is -

Types of stroke -

Who is at risk for stroke? What are the risk factors for strokes?

What are the signs or symptoms that someone may be having a stroke?

How can strokes be prevented?

## Explain



Source:  
National  
Stroke  
Association  
(<http://www.stroke.org/understand-stroke/recognizing-stroke/act-fast>)

From the National Stroke Association

Act FAST

FAST is an easy way to remember and identify the most common symptoms of a stroke. Recognition of stroke and calling 9 -1-1 will determine how quickly someone will receive help and treatment. Getting to a hospital rapidly will more likely lead to a better recovery.

## Use FAST To Remember The Warning Signs Of A Stroke

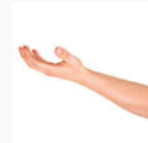
**F**

**FACE:** Ask the person to smile. Does one side of the face droop?



**A**

**ARMS:** Ask the person to raise both arms. Does one arm drift downward?



**S**

**SPEECH:** Ask the person to repeat a simple phrase. Is their speech slurred or strange?



**T**

**TIME:** If you observe any of these signs, call 9-1-1 immediately.



Call 9-1-1 immediately if you observe any of these symptoms.

Note the time of the first symptom.

This information is important and can affect treatment decisions.


A healthy heart is critical to our survival. It is never too early to make healthy lifestyle decisions to prevent stroke and other heart -related diseases.




## Apply

Imagine that you are a health care provider and have been asked to speak to an 8<sup>th</sup> grade health class about preventing strokes. Write an outline of the key points you would use for a presentation. What do you think 8<sup>th</sup> grade students need to know about stroke and how to prevent strokes?

Or, create 3-4 slides for a presentation in Google slides.

	
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	<b>Reflect</b>
	<p>Explain how physical activity can help prevent strokes:</p> <div data-bbox="397 457 1461 520" style="border: 1px solid black; height: 30px; margin-bottom: 5px;"></div> <div data-bbox="397 520 1461 569" style="border: 1px solid black; height: 23px;"></div>