



Grade K Sample Lesson Plan: Unit 3 – Choose To Be Healthy

SOLs

- K.1.b Recognize the need for regular physical activity.
- K.1.c Describe different types of physical activity
- K.2.b Identify positive physical activity options and the benefits of being physically active every day.
- K.1.h Identify that hand washing reduces the chance of becoming sick.
- K.2.f Describe how germs (e.g., bacteria, viruses) may cause common diseases (e.g., cold, flu).
- K.2.g Explain how hand washing helps remove bacteria and viruses that can make people sick, and describe situations where it is important to wash hands.
- K.3.g Demonstrate proper hand washing.
- K.1.i Describe the function of the teeth and how to take care of them. Recognize the importance of a regular bedtime routine and enough sleep. Describe ways to calm down before bed to prepare for sleeping.
- K.1.d Recognize the importance of a regular bedtime routine and enough sleep.
- K.3.d Describe ways to calm down before bed to prepare for sleeping.
- K.1.g Identify adults that keep children healthy (e.g., parents/guardians, teachers, school counselors, nurses, doctors).

Objectives/Goals

- The student will describe different types of physical activity and the benefits of being physically active
- The student will identify the importance of hand washing and steps to proper hand washing.
- The student will describe how to take care of their teeth
- The student will identify the importance of good sleep and how to calm down prior to sleep.
- The student will identify adults that support children's health

Materials

- PowerPoint: K-All about Me Health Promotion
- Worksheet: Find Someone Who...

Procedure*Step 1*

- Using the Powerpoint as a guide, begin the lesson by reviewing the topics of the lesson on slide 2. The nutrition information was covered in a previous lesson, so review MyPlate, the five food groups, and the importance of healthy eating.

Step 2

- Slide 3: Introduce the first topic: Exercise

Step 3

- Slide 4: As a class, read the scenario, Can You Help Me? Discuss fun outdoor activities. Watch the video clip to reinforce outdoor play.

Step 4

- Slide 5: Ask students who forms of physical activity they enjoy (indoor and outdoor).
- Ask students why they think exercise is important.

Step 5

- Slide 6: Discuss the benefits of exercise and watch the video clip to reinforce the benefits

Step 6

- Slide 7: Introduce the second topic: Hand washing

Step 7

- Slide 8: As a class, read the scenario, What Should I Do? Discuss whether he should skip washing his hands or wash them.

Step 8

- Slide 9: Inform students when to wash their hands.

Step 9

- Slide 10: Watch the video clip to reinforce the steps to hand washing.

Step 10

- Slide 11: The teacher will read through the steps to hand washing. Then, the students will “practice washing their hands” at the desks by pretending to go through the steps. The teachers will read each step as the students practice. Allow students to hum as a class during step 4.

Step 11

- Slide 12: Introduce the third topic: Brushing Teeth

Step 12

- Slide 13: As a class, read the scenario, What Should I Do? Discuss whether she should thoroughly brush her teeth.

Step 13

- Slide 14: Summarize the function of teeth. Watch the video clip to reinforce how to properly brush their teeth. If a toothbrush is available for all students, allow them to practice proper technique.

Step 14

- Slide 15: Introduce the fourth topic: Good Sleep.

Step 15

- Slide 16: As a class, read the scenario, What Should I Do? Discuss whether she should get a good night sleep

Step 16

- Slide 17: Summarize the benefits of good sleep and watch the video clip to reinforce the benefits.

Step 17

- Slide 18: Review ways to calm down before sleep. Ask students to give examples of how they calm down before sleep.

Step 18

- Slide 19: Summarize the four topics discuss in the lesson. Ask the students who can help them make good choices to be healthy (parents, guardian, teachers, school counselor, nurses, doctor, etc.)

Step 19

- Students will complete the worksheet: Find Someone Who. Instruct students to walk around the classroom and talk with their classmates until they find someone who fits the description in the box. The person who fits the description will write their name in the box.

Step 20

- Slide 20: End the lesson with a classroom energizer.

References

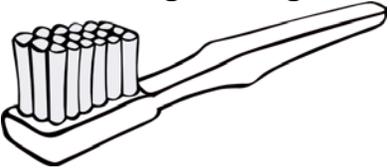
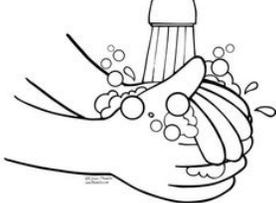
Mary McCarley, 2018

Handout

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

Find Someone Who...

Directions: Find a classmate who fits the description in the box and ask them to write their name in the box. A classmate can only sign one box on your paper.

<p>Loves to Run</p> 	<p>Loves to Play Basketball</p> 	<p>Eats Apples</p> 
<p>Eats Broccoli</p> 	<p>Loves to Sleep</p> 	<p>Brushes their teeth every morning and night</p> 
<p>Uses floss</p> 	<p>Washes their hands after using the bathroom</p> 	<p>Loves Watermelon</p> 