

Functional Approach to Character Education

Lesson Plans for Grade 5

Grade: 5	Week: 16
Character Trait: Responsibility	Estimated Lesson Length: 30 min
SOL Addressed: Health: Knowledge and Skills 5.2 – The student will demonstrate responsibility for developing personal health habits and practicing behaviors that promote an active, healthy lifestyle. Key concepts/skills include a) the relationship between health promotion and disease prevention; b) the connection between nutritional guidelines and weight management; c) strategies for managing stress; d) the importance of exercise and recreation; e) the effects of personal health habits on cardiovascular fitness; f) the importance of developing and maintaining a positive self-image. English: Writing 5.7cdi – The student will write for a variety of purposes: to describe, to inform, to entertain, to explain, and to persuade. c) Organize information to convey a central idea. d) Write a clear topic sentence focusing on the main idea. i) Include supporting details that elaborate the main idea.	
Learning Goal: Students will reflect on examples of responsible behaviors that support a healthy body.	

Summary:

Students will discuss the theme of responsibility by thinking about the question, “What does it mean to be responsible or care for your body?” Teacher will share some examples of being responsible for your health by exercise and eating healthy foods. Next the teacher will guide students to identify and include healthy foods on their plate graphic organizer. Then students will review the exercises ideas chart and write a short response to the question, “What is your exercise plan?”

Lesson Materials - Promethean Flipchart for Grade 5 or a white board and dry erase markers, character journals, student copies of healthy body handout

*In the lesson description below, items with asterisks have accompanied flipchart pages in the Grade 5 file.

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Lesson

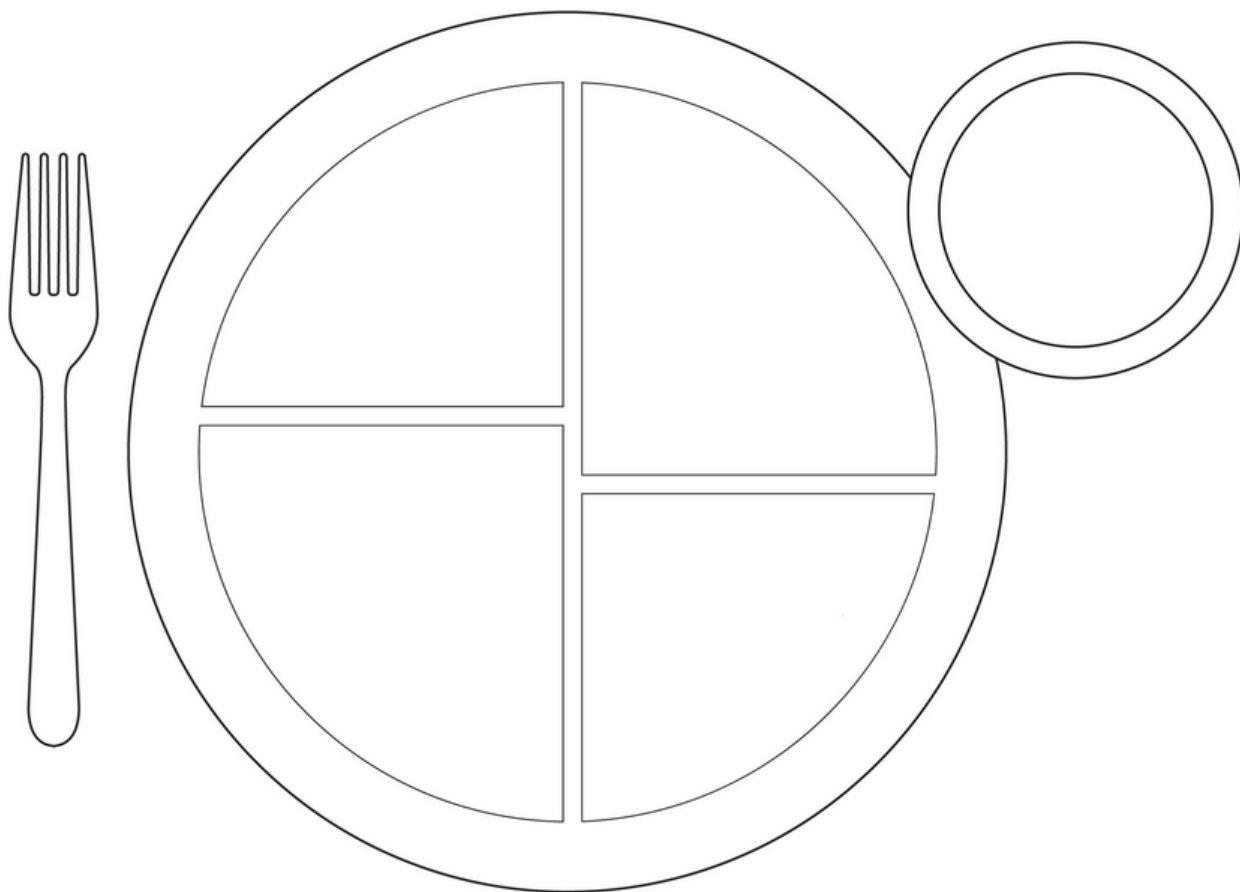
- *Anticipatory Set (introduction & accessing prior knowledge):*
 - Teacher will discuss the theme of responsibility introduced by the question, “What does it mean to be responsible or care for your body?”*
- *Direct Instruction (I Do):*
 - Teacher will share a definition of responsibility and some examples of healthy choices
 - Being accountable for what you do, for your actions and behavior.
 - Doing the right thing at the right time, so others can trust and depend on you.
 - When you are being responsible for your body you must eat healthy foods and exercise.
- *Guided Practice (We Do)*
 - The teacher will guide students to identify healthy foods and place on their plate graphic organizer.*
 - (Resources to complete chart is attached)
 - Students will review and discuss the exercises ideas chart as a class and then independently write a short response to the question, “What is your exercise plan?”*
 - This should be recorded below the healthy foods graphic organizer.
- *Assessment*
 - Reflect on student participation in discussion and completion of the hand out, look for understanding of being responsible for themselves through caring for their body.
- *Extension Activity*
 - Provide a health lesson on the dangers of drugs and alcohol and make the connection back to being responsible for yourself and your health.

Name: _____

Date: _____

Respecting Myself by Being Healthy

What is in a healthy meal?



What is my plan for exercise?

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Fruits:

Focus on fruits.

- Eat a variety of fruit.
- Choose fresh, frozen, canned or dried fruit.
- Go easy on fruit juices.

Vegetables:

Vary your veggies.

- Eat more green dark veggies.
- Eat more orange veggies.
- Eat more dry beans and peas.

Physical Activity

Find your balance between food & physical activity.

- Be physically active for 30 minutes most days of the week.
- Children and teenagers should be physically active for 60 minutes everyday or most days of the week.

ChooseMyPlate



Milk:

Get your calcium-rich foods.

- Go low-fat or fat-free
- If you don't or can't consume milk, choose lactose-free products or other calcium sources.

Grains:

Make at least half your grains whole.

- Eat at least 3 ounces of whole grain bread, cereal, rice, or pasta everyday.
- Look for the word "whole" before the grain name on the list of ingredients.

Meats & Beans

Go lean on protein.

- Choose low-fat or lean meats and poultry.
- Bake it, broil it or grill it.
- Vary your choices with more fish, beans, peas, nuts, and seeds.

Source: ChooseMyPlate.gov

**MyPlate
Kids'
Place**

be a fit kid

10 tips for being active every day



Fit kids are physically active and play for at least 1 hour every day. Look for ways to make physical activity a part of your day. Do activities that build your muscles, get your heart pumping, and make you feel good about yourself.

1 tie up your laces and walk

Go for a walk around your neighborhood or walk to your friend's house instead of taking the bus or asking for a ride. Forget the elevator and take the stairs every chance you get! Remember to be safe by using sidewalks and crosswalks.

2 turn up the music

Shake, rattle, and roll to your favorite songs. Turn on some hip hop, country, salsa, or pop music and move your body. Dancing is a great way to get some physical activity.

3 ride a bike

Grab your helmet and safety gear and go for a bike ride. Ride your bike to school or grab your friends and enjoy a ride in the neighborhood.

4 join a team

Show your team spirit and join a sport at your school or community center. There are tons of fun teams such as basketball, baseball, gymnastics, dancing, soccer, swimming, and tennis. Choose an activity that you like and have fun!

5 go out and play

Ditch the TV and go outside with friends, family, and even your pets! Walk your dog. Make a snowman. Fly a kite. Have a Hula-Hoop contest. Play basketball with friends. Try jumping rope. Or simply play a game of tag.

6 dive right in!

Go to your local indoor or outdoor pool and swim. Swim laps, play water games with friends, or have diving contests for fun.

7 get paid to be fit

Earn extra cash by mowing lawns, washing cars, shoveling snow, or walking dogs for your family or for your neighbors. Listen to music while you work to keep you going.

8 try skating or skateboarding

Grab your friends and go to a local park or indoor skating rink! It's easy to learn and a great way to be active while still having fun! Remember to wear your helmet and safety pads.

9 plant a garden

Plant and grow flowers, fruits, and vegetables with your family, or even with your friends! Creating a garden is tough work and a good way to keep fit. Be sure to check on your plants and water them every day!

10 stuck inside?

Play a game of hide-and-seek or plan a scavenger hunt in your house with friends and family. Another great way to stay active indoors is by doing crunches and jumping jacks—see how many you can complete!



United States
Department of
Agriculture

Go to www.ChooseMyPlate.gov for more information.

MP4K-2 (8-12 years old)

May 2013
Center for Nutrition Policy and Promotion
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