

RESPONSIBILITY

Grade:

5

Week:

16

Curriculum Standards Addressed:

1. **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; and f) the importance of developing and maintaining a positive self-image.
2. **English: Writing 5.7c-di** – The student will write for a variety of purposes: to describe, to inform, to entertain, to explain, and to persuade. The student will c) organize information to convey a central idea; d) write a clear topic sentence focusing on the main idea; and i) include supporting details that elaborate on the main idea.

MATERIALS NEEDED:

- Presentation File for Grade 5
- Character Journals
- Student copies of healthy body handout

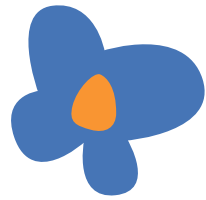
LEARNING GOAL:

Students will reflect on examples of responsible behaviors that support a healthy body.

LESSON SUMMARY:

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





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LESSON PLAN:
(Est. length 30 min)

*Please note: Items marked with an asterisk in the lesson plan have accompanying slides in the grade 5 file.

Step 1: Anticipatory Set (Introduction and Accessing of Prior Knowledge)

1. **Discuss** the word responsibility by introducing it with the question, "What does it mean to be responsible or care for your body?"*

Step 2: Direct Discussion (I Do)

1. **Share** a definition of responsibility and some examples of healthy choices:
 - a. 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.
 - b. When you are being responsible for your body you must eat healthy foods and exercise.

Step 3 and 4r Guided Pracice (We Do) and Independent Practice (You Do)

1. **Guide** students to identify healthy foods and place on their plate graphic organizer.* (Resources to complete chart is attached).
2. **Have** students will review and discuss the exercise idea-chart as a class and then independently write a short response to the question, "What is your exercise plan?" below the healthy foods graphic organizer.

Step 5: Assessment

1. **Reflect** on student participation in discussion and completion of the handout, looking for understanding of being responsible for themselves by caring for their bodies.

Extension Activity

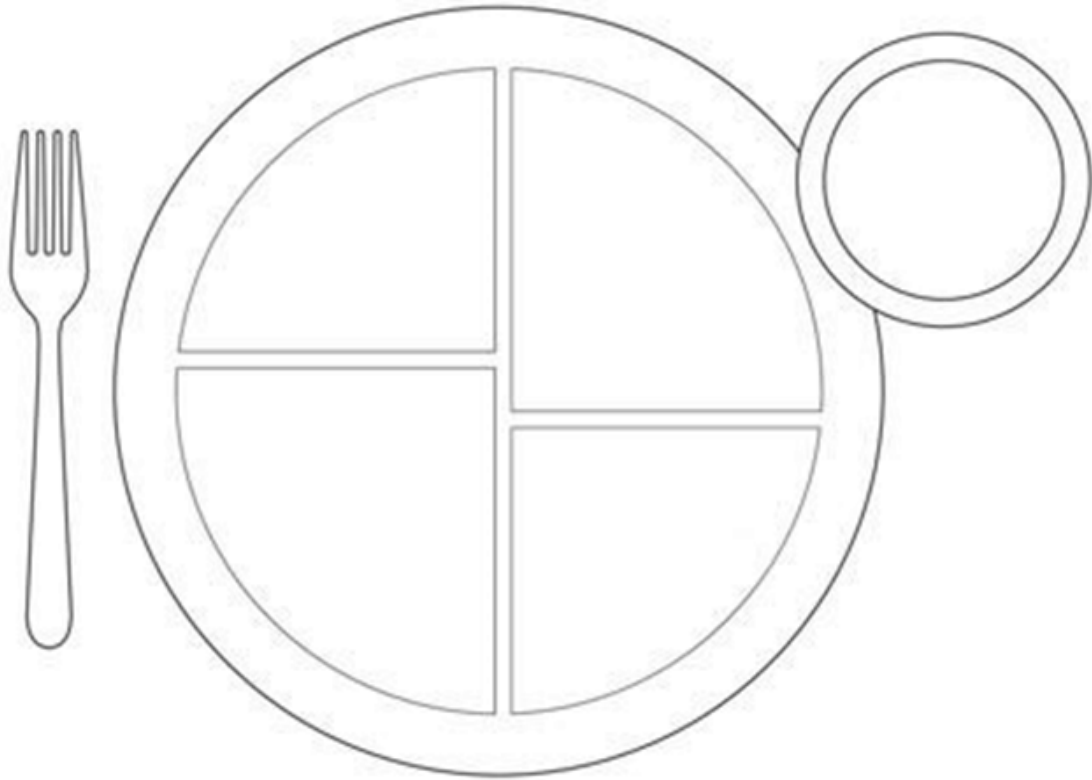
- Provide a health lesson on the dangers of drugs and alcohol and make the connection back to being responsible for yourself and your health.



RESPONSIBILITY

Respecting Myself by Being Healthy

What's in a healthy meal?



My exercise plan:
