

Jazmine Bowling

Standard Eight: Instructional Strategies

The teacher understands and uses a variety of instructional strategies to encourage learners to develop deep understanding of content areas and their connections, and to build skills to apply knowledge in meaningful ways.

Description:

Name of Artifact: Health Lesson Plan

Date of Artifact: June 27th, 2024

Course in which this artifact was produced: EDUC 240: Introduction to Health and Physical Education for Elementary Teachers

Brief Description:

I wrote a health education lesson plan that integrates physical activity and healthy living with at least one academic subject (mathematics).

Rationale:

What is the artifact:

My artifact is a health lesson plan. The purpose of this health lesson plan is to educate fourth grade students on the importance of physical activity and healthy eating habits while also practicing mathematics.

As many of us know, physical activity is essential for children's growth and development. It helps in building strong bones and muscles, improving cardiovascular health and even maintaining a healthy weight (not getting obese) (Evans & Sims, 2021). Also, physical activity can enhance mental wellbeing, reduce symptoms of anxiety and depression and improve overall mood and behavior (Evans & Sims, 2021). Additionally, nutrition or healthy eating plays a significant role in children's growth and cognitive development (Evans & Sims, 2021). Teaching students about balanced diets, the benefits of various food groups and the importance of hydration can help them make informed food choices.

Furthermore, the lesson plan I created uses interactive activities (healthy food cards, mathematic cards, jumping rope, running between cones, jumping over cones, etc.), discussions (amongst peers and between student and teacher), and even a quiz (assessment) to engage students and reinforce learning. By actively participating in the lesson, students will better understand concepts and be more likely to apply them to their daily lives.

Why am I choosing this particular artifact for this standard? Why does it fit here?

Choosing this artifact for standard eight makes sense for many different reasons. One being because this health lesson plan integrates mathematic problems into physical exercises, which showcases my ability to create interdisciplinary lessons using a variety of instructional strategies. This approach not only promotes physical activity and health but also reinforces math skills in a particular and engaging way.

How does this artifact relate to the standard as a whole or to a certain part of the standard?

This artifact relates to standard eight as a whole by demonstrating my ability to combine different subject areas into my teaching, which enhances student engagement and learning. By incorporating, mathematics problems into physical exercises, I am not only promoting physical health but also reinforcing academic skills which aligns with the using a variety of instructional strategies to encourage learners to develop deep understanding of the content.

Health Lesson Plan:

GENERAL INFORMATION

Lesson Title: Healthy living and math on the move.

Subject(s) or Topic: Health, Mathematics.

Grade/Level: Fourth grade.

Setting: Classroom, Gymnasium or Playground (blacktop)

STANDARDS AND OBJECTIVES

State Standard(s) Addressed:

Standard one- Students will comprehend concepts related to health promotion and disease prevention (DOE, 2024).

Standard seven- Students will demonstrate the ability to practice strategies and skills to enhance personal health and reduce health risks (DOE, 2024).

Standard four- Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risk (DOE, 2024).

Standard six- Students will demonstrate the ability to use goal-setting skills to enhance health (DOE, 2024).

Lesson Goals:

To promote physical activity and healthy living among students.

To integrate mathematics with physical education to enhance learning in both subjects.

Lesson Objective(s):

Students will be able to understand the importance of physical activity and healthy eating.

Students will apply mathematical concepts such as addition, subtraction, multiplication, and division during physical activity.

MATERIALS AND RESOURCES

Instructional Materials:

Cones, Jump ropes, Stopwatches, Healthy food cards (pictures of fruits, vegetables, grains, etc.), Math problem cards.

Resources:

Websites/Education Platforms if time allows.

Examples: Khan Academy, KidsHealth, CDC

INSTRUCTIONAL PLAN

Anticipatory Set: 10-15 minutes

Begin with a brief discussion on the importance of physical activity and healthy eating.

Ask students to share their favorite physical activities and healthy foods.

Direct Instruction or Modeling: 5 minutes

Explain that today's lesson will involve a series of physical activities combined with math problems.

Demonstrate a simple activity, such as jumping rope and how to solve a math problem after completing the activity.

Guided Practice: 15-30 minutes

Warm up students before starting physical activities. This is important because in the Education 240 classroom book it states, “Warm-up is important, especially for activities that require quickness, force, or endurance” (Evans & Sims, 2021).

Divide students into small groups and assign each group a station with a specific physical activity (jumping rope, running between cones, jumping over cones, etc.) In the Education 240 book it states, “Teachers can divide students into groups by ability, gender, social compatibility, or size”, which is exactly what is done for this lesson (Evans & Sims, 2021).

At each station, place a set of math problem cards. After completing the physical activity, students will solve a math problem.

Independent Student Practice: 15-30 minutes

Allow students to rotate through the stations, completing the physical activities and solving the math problems independently.

Encourage students to help each other and discuss their answers.

Give positive reinforcement when you notice students are getting correct answers. In the Education 240 classroom book it states, “Positive reinforcement and corrective skill feedback are the most important ways you can communicate with your students” (Evans & Sims, 2021).

Culminating or Closing Procedure/Activity/Event: 10-15 minutes

Gather students together and discuss the activities they completed.

Review some of the math problems and solutions as a class.

Emphasize the connections between staying physically active and maintaining a healthy lifestyle.

Pedagogical Strategy (or Strategies):

Using interactive activity (discussion, hands on equipment).

Incorporating technology such as educational apps or online resources.

Implementing differentiated instruction to cater to diverse learning styles and abilities.

Providing opportunity for student reflection and assessment to deeper understanding.

Encouraging collaborative learning through groups.

Differentiated Instruction:

Provide alternative activities for students with physical limitations (arm exercises, instead of jumping rope, etc.)

Use larger print math problem cards for students with visual limitations or impairments.

Pair students with special education needs with another student for additional support.

Assessment: Until Completed

Observe students during the activities ensuring participation and understanding.

Collect and review the math problem cards to assess accuracy and comprehension.

Give feedback to students. In the Education 240 classroom book it states, “Teacher feedback is a critical component in helping students improve on-task behavior and skill development” (Evans & Sims, 2021).

Conduct a brief quiz on the importance of physical activity and healthy eating (example listed below).

1. Why is physical activity important for your body?
 - a. It helps you sleep less
 - b. It makes your muscles and bones stronger
 - c. It makes you tired all the time
 - d. It helps you eat more junk food
2. How many minutes of physical activity should kids aim for each day?
 - a. 10 minutes
 - b. 30 minutes
 - c. 60 minutes
 - d. 90 minutes
3. Which of these is a healthy snack option?
 - a. Chips
 - b. Candy
 - c. Apple
 - d. Soda
4. Why is it important to eat a variety of fruits and vegetables?
 - a. They all taste the same
 - b. They provide different vitamins and minerals
 - c. They are all green
 - d. They are the only foods you should eat
5. What can drinking plenty of water help you with?
 - a. Staying hydrated
 - b. Feeling more tired
 - c. Eating more sugar
 - d. Watching more tv

Answers:

1. (B.) It makes your muscles and bones stronger
2. (C.) 60 minutes
3. (C.) Apple
4. (B.) They provide different vitamins and minerals
5. (A.) Staying hydrated

References:

- DOE. (2024, May 17). *2023 Indiana Academic Standards For Health and Wellness*.
<https://www.in.gov/doe/students/indiana-academic-standards/health-and-wellness/>
- Evans, R. R., & Sims, S. K. (2021). *Health and Physical Education for Elementary Classroom Teachers* (2nd ed.). Human Kinetics Publishers.
<https://yuzu.vitalsource.com/books/9781492597193>