



Grade 10 - HP-12
Physical Health
Disease Prevention/
Health Promotion
2020 Virginia SOLs

Grade 10 Sample Lesson Plan: Wellness Challenge

SOLs

- Create or modify a personal wellness plan (goals and action steps based on current guidelines) for healthy eating, physical activity, sleep, and personal hygiene.

Objectives/Goals

- Students will set a SMART goal that they will then follow for the next 30 days.

Materials

- [Ted Talk video](https://www.youtube.com/watch?v=JnfBXjWm7hc) by Matt Cutts. <https://www.youtube.com/watch?v=JnfBXjWm7hc>
- PowerPoint on [goal setting](#).
- Copy of [SMART goal setting](#)
- Motivational [YouTube video](#).

Procedure

These lessons will help students to obtain the skills necessary to be successful with wellness goals that they set for themselves.

<p>Step 1</p>	<ul style="list-style-type: none"> ● Show students the Ted Talk video by Matt Cutts. <ul style="list-style-type: none"> ○ This video will highlight the importance and benefits of a 30-day challenge. ● Teach a lesson on goal setting. <ul style="list-style-type: none"> ● Watch the video on famous failures ● Have students brainstorm a goal they would like to accomplish in the next 30 days. 	<p style="text-align: center;">Matt Cutts Ted Talk:</p> <p style="text-align: center;">http://bit.ly/Tv5Uux</p> <p><u>Essential Questions:</u></p> <ul style="list-style-type: none"> ● Why do we need to set goals? ● What is the significance of our challenge being 30 days? ● What are some advantages of reaching our goals?
<p>Step 2</p>	<ul style="list-style-type: none"> ● After students select their goal, check to make sure they used the SMART goal setting method. 	<p><u>Essential Question:</u></p> <ul style="list-style-type: none"> ● What makes a goal a SMART Goal?

	<ul style="list-style-type: none"> ● Goal should be measurable and small enough to accomplish, but significant enough to make a positive difference in their health. 	
Step 3	<ul style="list-style-type: none"> ● Check in with students daily to discuss their goals. ● This is a new skill and students will need guidance to help them succeed. 	<p><u>Essential Question:</u></p> <ul style="list-style-type: none"> ● Why do we need to revisit our goal statements daily?
Step 4	<ul style="list-style-type: none"> ● After completing week 1 of the challenge, have students complete journal #1. ● Set aside class time for discussion about their first week. 	<p><u>Journal Topics:</u></p> <ul style="list-style-type: none"> ● What were some of your toughest obstacles this first week? ● What strategies did you use to overcome these obstacles? ● What were some of your accomplishments this week?

Step 5

- After completing week 2 of the challenge, have students complete journal #2. **Journal prompt focus**: Not giving up when there are setbacks
 - Set aside class time for discussion about their second week.

Journal Quote:

“Part of abandoning the all-or-nothing mentality is allowing yourself room for setbacks. We are bound to have lapses on the road to health and wellness, but it is critical that we learn how to handle small failures positively so that we can minimize their long-term destructive effects. One setback is one setback...it is not the end of the world, nor is it the end of your journey toward a better you.”
-Jillian Michaels

Journal Prompt

Read the above quote and write what this quote means to you, specifically how it applies to your own 30-day challenge or your wellness goals. What were some of your setbacks?

Step 6

- After completing week 3, have students complete journal #3 using the [YouTube video](#).
- Week 3 is usually when students need the most motivation. Keep in mind most students have never done anything like this before, and will need encouragement along the way.

Dream-Motivational Video

<http://bit.ly/1crETJt>

Select three quotes from the motivational video and write them in the space provided. Next, write a short paragraph about how this quote relates to your 30-day challenge.

Essential Question:

- What is the importance of motivation when setting goals?
- What motivates you to stick with your goals?

<p>Step 7</p>	<ul style="list-style-type: none"> ● After completing week 4, have students complete journal. ● At end of week 4, students are ready to work on an advanced skill of advocacy. ● Have students create a challenge that could be used throughout your whole school. 	<ul style="list-style-type: none"> ● Inform students that now that they are experts on 30-day challenges, they will be creating a challenge for all students and staff to follow. <ul style="list-style-type: none"> ○ Advocacy projects should be age appropriate i.e. younger children color posters and older students make a promotional video. <p><u>Essential Questions:</u></p> <ul style="list-style-type: none"> ● How do we advocate health messages to others? ● Why do we want to take our new knowledge and advocate to others?
<p>Repeat steps 1-7</p>	<ul style="list-style-type: none"> ● Repeat assignment a few times so students are able to work on new habits and truly master the skill of a 30-day challenge. 	<p><u>Essential Question:</u></p> <ul style="list-style-type: none"> ● What are the benefits of repeating this process numerous times?

References

- Melanie Lynch, M.Ed. State College Area High School



SETTING GOALS THE SMART WAY



Specific - The goal should identify a specific action or event that will take place.

Measurable - The goal and its benefits should be quantifiable.

Achievable - The goal should be attainable given available resources.

Realistic - The goal should require you to stretch some, but allow for success.

Timely - The goal should state the time period in which it will be accomplished.

Here are some tips that can help you set effective goals:

1. Develop several goals. A list of five to seven items gives you several things to work on over a period of time.
2. State goals as declarations of intention, not items on a wish list. "I want to apply to three schools" lacks power. "I will apply to three schools," is intentional and powerful.
3. Attach a date to each goal. State what you intend to accomplish and by when. A good list should include some short-term and some long-term goals.
4. Be specific. "To find a job" is too general; "to find and research five job openings before the end of the month" is better. Sometimes a more general goal can become the long-term aim, and you can identify some more specific goals to take you there.
5. Share your goals with someone who cares if you reach them. Sharing your intentions with your parents, your best friend, or your teacher will help ensure success.
6. Write down your goals and put them where you will see them. The more often you read your list, the more results you get.
7. Review and revise your list. Experiment with different ways of stating your goals. Goal setting improves with practice, so play around with it.

