

# Effects of Personal Health Habits on Heart Health

## Learning Objectives

- I can explain the effects of physical activity, sleep, and personal health habits and behaviors on heart health. (5.1f)
- I can review personal health habits that support heart health and the ability to perform various physical activities. (5.2f)

## Teacher Notes

- This lesson will include many pauses that will involve student response. Please pause the video as instructed for as long as needed.
- Students will need something small they can toss and catch easily for the learning activity. (paper ball, socks, stuffed animal, etc.)

## Lesson Steps: Video Outline

### Personal Health Habits Video

#### *Step 1 Introduction*

- Pre-Assessment:
  - What are some of your personal health habits?
  - What effects do your personal health habits have on your heart health?
  - Which habits will make your heart healthier?

#### *Step 2 Activity*

- Tossing and Catching - Students will add claps between catches to emulate stress on the heart.. Each round students will see how many times they can catch their object in one minute.

#### *Step 3 Closure*

- Post-Assessment:
  - Students will write down one healthy habit they want to work on for the next two weeks and describe how they are going to work on it.

## Assessments

- Pre: Questions will introduce topic, engage learners, and access prior knowledge
- Post: This or That will demonstrate student understanding of material covered during class. Teacher will observe student choices to determine level of understanding.



Sample Lesson Plan  
Virginia 2021 SOL Edition  
Created by Stevie Gray and Kim Gentry  
**Personal Health Habits GR5-HP-17**  
**Fifth Grade - 5.1f, 5.2f**

### **Extensions/Connections/Applications**

- Implementing teacher can allow students to share their plans aloud with the class.

### **Resources/References**

- [Health Smart](#)
- [Kids Health](#)