

# Sleep

## Learning Objectives

- I can describe the benefits of rest, sleep, and a physically active lifestyle. (4.1e)
- I can explain how physical activity, rest, and sleep affect physical and mental health. (4.2e)

## Teacher Notes

- This lesson will include many pauses that will involve student response or time to design. 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

### Sleep Video

#### *Step 1 Introduction*

- Pre-Assessment:
  - How many hours of sleep should you get every night?
  - Is all sleep the same kind of sleep?
  - Why do you think that sleep is important?

#### *Step 2 Activity*

- Tossing and Catching - Each round students will see how many times they can catch their object in one minute. Claps between catches will emulate a tired body from lack of adequate sleep as rounds continue.

#### *Step 3 Closure*

- Post-Assessment: This or That
  - How many hours of sleep should you get every night?
  - Is all sleep the same kind of sleep?

## 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  
**Physical Activity and Sleep**  
**GR4-HP-8**  
**Fourth Grade - 4.1e, 4.2e**

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

- Implementing teacher can modify tossing and catching activity as needed and add challenges when appropriate. Teacher can also have students share personal experiences related to their length and quality of sleep and discuss ways they think it can be improved.

### **Resources/References**

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