



Grade 6 Sample Lesson Plan: Benefits of Tobacco-Free Environments

Objectives

- Determine the effects of environmental influences on personal health.
- Research the impact of air quality on body function during moderate and vigorous physical activity.
- Identify the benefits of a tobacco-free environment.
- Encourage others to minimize pollution in the environment.

Materials

- Computer with internet access
- Handouts

Procedure

- Remind students of the impact of environmental influences on personal health. Present and/or have student review articles, handouts and videos from the following sites:
 - NIH-Healthy Lungs Top 10 Tip Sheet for Exercising
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4666455/pdf/EDU-ELF1-2013.pdf>
 - KidsHealth.Org Ozone, Air Quality and Asthma
<http://kidshealth.org/en/parents/ozone-asthma.html>
 - KidsHealth.org teen smoking prevention education site – includes video, *7 Reasons to Be Smoke Free*,
<http://kidshealth.org/en/teens/smoking.html>.
- Assign students to work together to develop public education materials (posters, videos or social media messaging) to encourage their peers, family, school, and community to minimize pollution including remaining smoke free.
- Assign a homework project. Students will identify one weekly personal goal to protect the environment and use a log to monitor progress towards that goal.
- At the end of the week, students shall write a reflection on how they helped protect the environment and their plans for future involvement.

Assessment Idea

- Evaluate student completion of health messaging activity and completion of one week of monitored activity to protect environment.

References

- KidsHealth.Org Ozone, Air Quality and Asthma
<http://kidshealth.org/en/parents/ozone-asthma.html>
- KidsHealth.Org Smoking
<http://kidshealth.org/en/teens/smoking.html> NIH
Healthy Lungs Exercise and Air Quality – Top 10 Tips
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4666455/pdf/EDU-ELF1-2013.pdf> Virginia Foundation for Healthy Youth
<http://www.vfhy.org>
- Virginia 24/7 Campaign for Tobacco Free Schools <http://247campaignva.com>