



Grade 7 Sample Lesson Plan: Physical Activity and Stress Management

SOLs

- Identify ways to increase daily physical activity.
- Explain the concept of active transportation (walking and biking).
- Evaluate the impact of sleep and rest on physical, social, and emotional health and on cognitive performance.
- Analyze the benefits of stress management and stress-reduction techniques.
- Determine the health benefits of regular physical activity and fitness.
- Examine the importance of participating in recreational and leisure activities.
- Calculate the health benefits of active transportation.
- Compare current personal sleep and rest habits with recommended guidelines for teenagers.
- Evaluate the impact of sleep and rest on physical and mental performance.
- Formulate a plan to increase opportunities for physical activity at home, at school, and in the community.
- Design and promote safe walking and bike routes to and from school or another location in the community.
- Encourage peers and family members to eat healthy foods and to be physically active.
- Create a personal and family plan to meet guidelines for sleep and rest.

References

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