Grade 10 Sample Lesson Plan:  
Unit 9 – Health Heroes

**SOLs**

10.2.n  Calculate the importance of support and encouragement from positive role models.

**Objectives/Goals**

- Students will identify a person that is a great role model/hero to them and analyze how this person’s accomplishments have impacted their own health.

**Materials**

- Rate my traits PowerPoint
- Rate their traits worksheet
- Heroes PowerPoint
- Assignment sheet

**Procedure**

<table>
<thead>
<tr>
<th>Step 1</th>
<th>Go over the <strong>PowerPoint</strong> of the different traits that are needed to be a good leader</th>
<th>Essential Question:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Step 2</td>
<td>Have students <strong>rate their traits</strong>.</td>
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</tbody>
</table>

Health Smart Virginia Sample Lessons 2016-17
Step 3
Go over the **PowerPoint** on heroes

**Step 4**

★ **Assignment Sheet**

★ Choose a person that you see as a leader, advocate, or possibly both and create a PowerPoint on the person and include the following items:

- The person’s name and photo of this person
- A bio of this person
- Identify several qualities or values they have that you admire and respect.
- Describe what they have done to make them such a great leader/advocate, etc.
  - Include some of their crowning achievements
  - Write a quote from yourself about them and put it into the presentation. Get other quotes from people, if possible.

- Describe if this leader is also an advocate. If so, what have they done to demonstrate this.

- Analyze how this Hero has impacted your health & your desire to be a leader.

- Compare and contrast the skills needed for being a great leader and a great advocate. You can use a Venn diagram if you would like or you can just type it out.

- Please make it creative and colorful and it is my hope that you will share it with that person.

**Essential Question:**

**References**

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