Grade 10 Sample Lesson Plan: Unit 4 – Rapping About Relationships

SOLs
- **10.1.q** Describe the health benefits of positive self-esteem, balance, flexibility, resilience, and healthy relationships with others.
- **10.1.r** Identify characteristics of healthy peer, family, and dating relationships.

Objectives/Goals
- Students will create a rap that identifies traits that will create healthy relationships.

Materials
- Healthy Relationships Presentation
- Relationship Rap assignment

Procedure

*Step 1*
- Go over healthy relationships using the Healthy Relationships Presentation
- Essential Questions:
  - What are some traits that make up a healthy relationship?
  - Why are healthy relationships so vital for our health and well-being?

*Step 2*
- In your groups, create a healthy Relationship Rap

References

Handout
The next page includes a handout for the lesson. The handout is designed for print use only.
RAPPING ABOUT RELATIONSHIPS

DIRECTIONS: YOU AND YOUR GROUPS ARE GOING TO BECOME RAP ARTISTS FOR 2 CLASS PERIODS BY CREATING A RAP OR RHYMES ABOUT WHAT CONSTITUTES A HEALTHY RELATIONSHIP. FOLLOW THE CRITERIA THAT IS LISTED BELOW THAT SHOULD BE INCORPORATED IN YOUR RAP. YOU WILL CREATE YOUR VIDEO IN IMOVIE ON THE IPAD. PLEASE EDIT AS NEEDED. YOU WILL UPLOAD YOUR VIDEO TO GOOGLE DOCS

*PLEASE REMEMBER YOUR IPAD NUMBER
*TALK TO GROUP MEMBERS IF YOU ARE WILLING TO SHARE WITH CLASS
*SAVE VIDEO BEFORE UPLOADING
*MAKE SURE YOU SPEAK LOUDLY AND CLEARLY

45 Second rap/rhyme (3pts) ___
Definition of relationships (3pts) ___
The four c’s of a healthy relationship (3pts) ___
At least 4 different character traits of a relationship (3pts) ___
Three different communication styles (Passive, aggressive, assertive) (3PTS) ___
Body language/active listening techniques (3pts) ___
Technology and creativity (3PTS) ___
Total 21Pts ___