



Health Smart Virginia - Sample Lesson Plan

Grade 5 – Alcohol, Tobacco, or Other Drug Use Prevention

Unit 13

SOLs:

- 5.1l Analyze the effects of alcohol, tobacco, inhalant, and other drug use on relationships with family, peers, and other individuals.
- 5.3h Identify how culture, family, friends, and the media influence health practices *about using alcohol*.

Title: **Alcohol - Summative Lesson**

Note: *This lesson may need 3 or more classes to complete. Students receive the prompt, self-check, happy-sad-confused faced, and rubric one day and continue to work on their performance for 2-3 days. When ready, students present their performance to the class and are scored with an analytical rubric.*

Objectives/ Goals:

- Students analyze the effects of alcohol on relationships with family, peers, and other individuals. (5.1l)
- Students identify how culture, family, friends, and the media influence health practices *about using alcohol*. (5.3h)

Materials:

- Prompt: The Football Game
- The Football Game Self-Check (Used formatively)
- The Graphic Organizer-Benefits of not using alcohol
- The Football Rubric

Procedure:

Prior to the lesson: *A successful performance assessment requires pre-planning. Prepare student packets that consist of the prompt, self-check, back up information, and rubric. Formatively assess student work and provide effective feedback based on the observed performance in meeting the criteria of the performance task.*

Note: *Although this is a summative assessment lesson, the Self-Check and Graphic Organizer are formative assessments.*

Lesson Opening

1. Explain the performance task- Coping with the Influence to Drink Alcohol-Graphic Organizer and Poster
 - a. Includes a prompt , self-check (**Used formatively**), Graphic Organizer, poster, and rubric.
 - b. Students work in groups to fulfill the requirements, using the rubric to guide their presentation.
 - c. When ready, students present their project and are scored according the analytical rubric.
 - d. Note: *For variety, you may design another prompt but maintain the same requirements and criteria on the rubric.*
2. Distribute the prompt, self-check, graphic organizer, poster paper, and rubric. Answer student questions.
3. Inform the students that you will be walking around to help or answer any questions (Formative assessment with targeted feedback)

During the lesson

4. Walk from group to group checking for questions and reinforcing the process through the self-check, reminding students of the challenge on the performance task prompt, and reminding students to keep the rubric visible and use it to guide their planning.
5. If the students need a group reinforcement, stop the work and reteach or refine the directions.

Lesson Closing

6. Five minutes before the end of class, direct students to organize their work and put it away for the next class.
7. Review and reflect
 - What are three effects of using alcohol on relationships with family, peers, and other individuals of alcohol? (5.11)
 - Name three ways culture, family, friends, and the media influence health practices about using alcohol. (5.3h)

Assessments

- Summative L2.1S Prompt: The Football Game
- Formative assessment L2.2S The Football Game Self-Check
- Summative L2.3S The Graphic Organizer-Benefits of not using alcohol
- Summative L2.4S The Football Rubric
- Summative Poster

References, & Sources:

- Connolly, Mary (2012) Skills Based Health Education. Jones and Bartlett. Burlington, MA
- Michigan Model for Health



The Football Game

Sante and Renee are very excited! Sante's parents are going out with friends and her older brother, Roberto, is babysitting. Their parents think the children are staying home and watching a movie. As soon as the parents leave, Roberto, drives Sante, and Renee to the high school football field where Roberto's friends saved seats.

As the game begins, Roberto's friend passes around a beer. Sante heard that the older boys and girls drank at the games and sometimes got drunk. Roberto doesn't drink but did take some beer and passed it along. When the beer came to them, they were curious and didn't want to look stupid. They didn't know what to do.

Sante's and Renee's parents will be very upset when they learn the girls went to the football game and were offered alcohol. Some of the older boys are starting to get loud and the girls are getting nervous. What should they do? How will they get home safely?

Your challenge is to help Sante and Renee understand how alcohol effects relationships and how to get home safely.

Include the following:

Graphic Organizer


1. Identification of 1 example of the effects of using alcohol on relationships with family, peers, and other individuals. (5.1I)
2. Pictures on the graphic organizer that show 2 beverages that are safe to drink at football games.

Poster

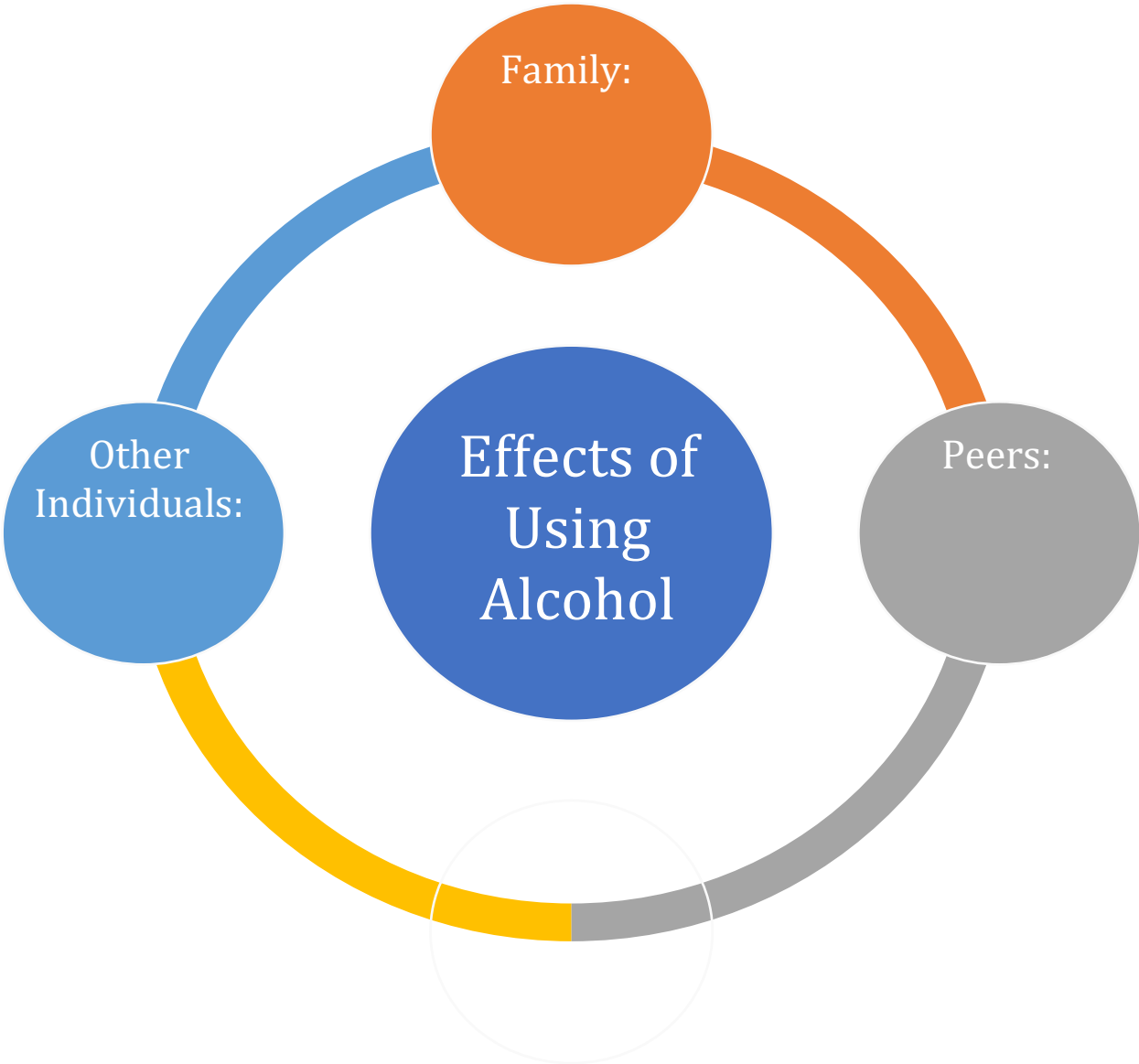
1. A description of one way the family influences personal health practices and behaviors *relating to alcohol*. (5.3h)
2. The identification two ways peers influence healthy and unhealthy behaviors *relating to alcohol*. (5.3h)
3. Identification of one way American culture influences health practices and behaviors *relating to alcohol*. (5.3h)
4. A solution of how to get home safely and cope with the discovery of their actions by their parents.

The Football Game Self-Check

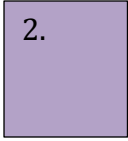
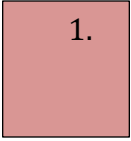
Directions: Because the teacher has the best understanding of the language abilities of his/her class, adjust the self-check to meet the needs of your students. You may prefer more simple or complex language with the use of stickers or pictures instead of words.

Project requirements		Have not started	Working on it	Complete (Student and teacher initials)
Graphic Organizer				
1. A graphic organizer that identifies 1 example of the effects of using alcohol on relationships with family, peers, and other individuals. (5.1i)				
2. Pictures on the graphic organizer that show 2 beverages that are safe to drink at football games.				
Poster				
1. A description of one way the family influences personal health practices and behaviors <i>relating to alcohol</i> . (5.3h)				
2. The identification two ways peers influence healthy and unhealthy behaviors <i>relating to alcohol</i> . (5.3h)				
5. Identification of one-way American culture influence health practices and behaviors <i>relating to alcohol</i> . (5.3h)				
6. A plan to get home safely.				

The Graphic Organizer- Identify 1 example of the effects of using alcohol on relationships with family, peers, and other individuals and pictures of two beverages safe to drink at football games.



Pictures of two beverages that are safe to drink at football games:



The Football Rubric

Note: If the language of the rubric is not consistent with the language literacy of your students, please adjust but maintain the integrity of the standard criteria.

Only the standards are scored 4-0. Non-standard criteria are scored as a percentage of the standard score.

Score and comments	Standards	4	3	2	1	0
Graphic Organizer						
	A graphic organizer that identifies one example of the effects of using alcohol on family, peers, and other individuals. (5.1)	A graphic organizer that identifies one example of the effects of using alcohol on family, peers, and other individuals is accurate.	A graphic organizer that identifies one example of the effects of using alcohol on family, peers, and other individuals is mostly accurate.	A graphic organizer that identifies one example of the effects of using alcohol on family, peers, and other individuals has a few inaccuracies.	A graphic organizer that identifies one example of the effects of using alcohol on family, peers, and other individuals is inaccurate.	No evidence observed.
Poster						
	A description of one way the family influences personal health practices and behaviors relating to alcohol. (5.3h)	A description of one way the family influences personal health practices and behaviors relating to alcohol is accurate.	A description of one way the family influences personal health practices and behaviors relating to alcohol is mostly accurate.	A description of one way the family influences personal health practices and behaviors relating to alcohol has a few inaccuracies.	A description of one way the family influences personal health practices and behaviors relating to alcohol is inaccurate.	No evidence observed.

	The identification two ways peers influence healthy and unhealthy behaviors <i>relating to alcohol</i> . (5.3h)	The identification two ways peers influence healthy and unhealthy behaviors <i>relating to alcohol</i> is accurate.	The identification two ways peers influence healthy and unhealthy behaviors <i>relating to alcohol</i> is mostly accurate.	The identification two ways peers influence healthy and unhealthy behaviors <i>relating to alcohol</i> has a few inaccuracies.	The identification two ways peers influence healthy and unhealthy behaviors <i>relating to alcohol</i> is inaccurate.	No evidence observed.
	Identification of one way American culture influence health practices and behaviors <i>relating to alcohol</i> (5.3h)	Identification of one way American culture influence health practices and behaviors <i>relating to alcohol</i> is accurate.	Identification of one way American culture influence health practices and behaviors <i>relating to alcohol</i> is mostly accurate.	Identification of one way American culture influence health practices and behaviors <i>relating to alcohol</i> has a few inaccuracies.	Identification of one way American culture influence health practices and behaviors <i>relating to alcohol</i> is inaccurate.	No evidence observed.

Score: Total points/Total possible points x 95%=

Total

Non-Standards criteria

Score and comments	Criteria	4	3	2	1	0
	Two pictures on the graphic organizer that show beverages that are safe to drink at football games.	Two pictures on the graphic organizer that show beverages that are safe to drink at football games is accurate.	Two pictures on the graphic organizer that show beverages that are safe to drink at football games is mostly accurate.	Two pictures on the graphic organizer that show beverages that are safe to drink at football games has a few inaccuracies.	Two pictures on the graphic organizer that show beverages that are safe to drink at football games is inaccurate.	No evidence observed
	A solution to getting home safely	The solution to the problem was safe.	The solution to the problem was mostly safe.	The solution to the problem was partially safe.	The solution to the problem was unsafe.	No evidence observed.

	Group	The participants worked well together.	The participants mostly worked well together.	The participants demonstrated difficulty in working together.	The participants did not work well together.	No evidence observed.
Score: Total points/Total possible points x 5%= _____						Total _____
						Standards total _____ Non-standards total _____ Grade _____