Grade 6 Sample Lesson Plan:
Unit 1 – The Urinary System

SOLs

- 6.1.A Identify and describe the major structures and functions of the urinary system (kidneys, ureters, bladder, and urethra) and strategies to promote renal health
- 6.1.D Assess the effects of communicable and noncommunicable diseases on the functions of the body

Objectives/Goals

- Students will be able to identify and describe structures and functions of the urinary system and articulate how communicable and noncommunicable diseases can impact the urinary system.

Materials

- Internet Access

Procedure

- Have students visit the KidsHealth.org site - How the Body Works: Urinary System to:
  - read the article Your Urinary System (http://kidshealth.org/en/kids/pee.html);
  - watch the movie How the Urinary System Works (http://kidshealth.org/en/kids/usmovie.html); and
  - take the quiz at http://kidshealth.org/en/kids/usquiz.html?WT.ac=k-ra
- Remind students that diseases such as kidney stones, infection, cancer, and kidney stones impact the functioning of the urinary system and that disease risks can be reduced through: good nutrition, including drinking plenty of water, physical activity, and hygienic practices (e.g., wiping from front to back, other communicable disease prevention practices).
- Have students research and write a paragraph to complete the following sentence prompts:
  - “A communicable and/or non-communicable disease of the urinary system is __________. It affects these structures of the urinary system: ________.”
Risk for the disease may be reduced by:______________________________.

Assessment Idea

• Evaluate student results on online quiz and writing assignment.

References

• KidsHealth.Org How the Body Works: Urinary System
• Kids Health How the Body Works YouTube Series
  https://www.youtube.com/playlist?list=PLRmb5AxU-JXgajvrrcozhkhMeSWa0XI0Z
• LiveStrong -Does Exercise Affect the Urinary System?