Grade 8 Sample Lesson Plan:
Unit 10 – Stroke Prevention

Description
Please see attached handout for a lesson submitted by a Virginia teacher

Handout
The next page includes a handout for the lesson.
Stroke Prevention

8.3.b Evaluate the physical, mental, and social benefits of physical activity.
8.3.g Develop a strategy to prevent diabetes, heart disease, stroke, and other chronic diseases and conditions.

<table>
<thead>
<tr>
<th>Link</th>
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<tbody>
<tr>
<td>A healthy heart is essential to a healthy body. Why? Write 3 facts that you already know about the heart in the boxes.</td>
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1. 
2. 
3. 

The heart is an important organ that keeps the blood moving throughout the body. Blood brings important nutrients to all body systems, including the brain. The brain needs oxygen and glucose from blood to function. What happens when the blood supply in the brain changes? The result may be a stroke. In this lesson, you will learn about what a stroke is, what the risk factors are, and ways to prevent stroke.

Explore

Use one of the following resources to learn about stroke. During your reading, respond to the questions in complete sentences.

- **Library Database: Cavendish Square**
  [https://www.fcps.edu/resources/library/online-databases-and-e-books?keywords=Cavendish](https://www.fcps.edu/resources/library/online-databases-and-e-books?keywords=Cavendish) (login is Fairfax; password is Fairfax)
  - Stroke and Related Disorders
  - Description of Stroke
  - Risk Factors

- **NIH National Heart, Lung, and Blood Institute**
  - What is a Stroke? [https://www.nhlbi.nih.gov/health/health-topics/topics/stroke](https://www.nhlbi.nih.gov/health/health-topics/topics/stroke)
  - Who is at Risk for a Stroke? [https://www.nhlbi.nih.gov/health/health-topics/topics/stroke/atrisk](https://www.nhlbi.nih.gov/health/health-topics/topics/stroke/atrisk)
  - What are the Signs and Symptoms of a Stroke? [https://www.nhlbi.nih.gov/health/health-topics/topics/stroke/signs](https://www.nhlbi.nih.gov/health/health-topics/topics/stroke/signs)

Write responses to questions in the boxes provided:
Describe what a stroke is and describe the two different types of stroke:

A stroke is -

Types of stroke -

Who is at risk for stroke? What are the risk factors for strokes?

What are the signs or symptoms that someone may be having a stroke?

How can strokes be prevented?

Explain

From the National Stroke Association

Act FAST

FAST is an easy way to remember and identify the most common symptoms of a stroke. Recognition of stroke and calling 9-1-1 will determine how quickly someone will receive help and treatment. Getting to a hospital rapidly will more likely lead to a better recovery.
A healthy heart is critical to our survival. It is never too early to make healthy lifestyle decisions to prevent stroke and other heart-related diseases.
<table>
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<tr>
<td>Explain how physical activity can help prevent strokes:</td>
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</table>

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