Lesson 5 – Post-Visit  
Sharing Good Health with Others

Objective: Students will be able to:

- Reflect on the information gained from their learning experience with the National Baseball Hall of Fame and Museum.
- Identify health-related issues that affect their school.
- Build project management skills as they develop and implement a "Health Day" for their school.

Time Required: 1 class period for lesson, longer for "Health Day" activity

Materials Needed:
- Printed copies of the "Health Day Action Plan" worksheet for each student (included)

Applicable Common Core State Standards:

CCSS.ELA-Literacy.SL.6.1, SL.7.1, SL.8.1 Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grade-appropriate topics, texts, and issues, building on others’ ideas and expressing their own clearly.

CCSS.ELA-Literacy.W.6.4, W.7.4, W.8.4 Produce clear and coherent writing in which the development, organization, and style are appropriate to task, purpose, and audience.
Additional Relevant National Learning Standards:
(Based on Mid-continent Research for Education and Learning)

**Health. Standard 1.** Knows the availability and effective use of health services, products, and information

**Health. Standard 2.** Knows environmental and external factors that affect individual and community health

**Health. Standard 5.** Knows essential concepts and practices concerning injury prevention and safety

**Health. Standard 6.** Understands essential concepts about nutrition and diet

**Health. Standard 7.** Knows how to maintain and promote personal health

**Health. Standard 8.** Knows essential concepts about the prevention and control of disease

**Health. Standard 9.** Understands aspects of substance use and abuse

**Health. Standard 10.** Understands the fundamental concepts of growth and development

**Life Skills. Life Work. Standard 2.** Uses various information sources, including those of a technical nature, to accomplish specific tasks

**Life Skills. Life Work. Standard 7.** Displays reliability and a basic work ethic

**Physical Education. Standard 4.** Understands how to monitor and maintain a health-enhancing level of physical fitness
Lesson & Activity

1. Begin the lesson by asking students to think about their individual health and how it relates to the things they learned about during their experience with the National Baseball Hall of Fame and Museum. Brainstorm why it is important to live a healthy life at any age.

2. Engage students in a discussion about health in your school. What health-related information would be most important for other students to know? What are some health-related things that could be improved at your school? (i.e. healthier food and beverage options in vending machines, better gym class options, etc.) What could the class do to help out?

3. *Optional* You may choose to have the school nurse, school counselor, or school nutritionist come in to your classroom for the brainstorming session. They may be able to provide insight and help students identify additional health needs.

4. As students offer ideas, list them on the board under the heading: "Health Day." After all ideas have been given, review the list and let students know that they will be able to choose which projects they want to undertake as a class to improve health at their school, and share the importance of good health with other students.

5. Have students vote on which projects they want to include in "Health Day." Then hand out the Health Day Action Plan sheets. Work with students to determine the logistics for implementing their "Health Day" plans.

6. In the days ahead, help students gather materials as necessary, and ensure that there are volunteers available to help out. If students' plans require the assistance of a community member (such as a physician, a sports physical therapist, etc.), help them make the appropriate contacts.

7. The time frame for this activity depends on the complexity of students' plans, as well as your school schedule.

8. Once the project is completed, hold a recognition event for students.
Conclusion:

To complete this lesson and check for understanding, once "Health Day" is over, have students write a brief report assessing their own personal involvement in the planning process and in the implementation of the event. They may use the following questions as a guide:

- What were your responsibilities for "Health Day"?
- What aspect of "Health Day" was most fun?
- What part of "Health Day" surprised you?
- What would you do differently next time?
Health Day Action Plan

1. Project Description - What activities will Health Day include?
   ______________________________________________________________
   ______________________________________________________________
   ______________________________________________________________
   ______________________________________________________________
   ______________________________________________________________

2. Details Please! Where and when will Health Day take place?
   Date: ___________ Time: ___________ Location: ____________

3. Make it Official - Who needs to approve the activities you want to do?
   ______________________________________________________________
   ______________________________________________________________

4. Fun with Fundraising - Will we need to pay for any of the activities on Health Day? Where will we get the money?
   ______________________________________________________________
   ______________________________________________________________

5. Advertise - How will you let others know about Health Day? When will you do your advertising?
   ______________________________________________________________
   ______________________________________________________________

6. Group Leaders - Who will do the work? Choose a group leader for each Health Day activity who will be in charge.
   Activity                      Group Leader/Person Responsible
   ___________________________  _____________________________
   ___________________________  _____________________________
   ___________________________  _____________________________
   ___________________________  _____________________________