Part 2

IMPROVE HEALTH PRACTICES SCHOOL WIDE CAMPAIGN

Grade Levels 9–12

PURPOSE

Improve general health of the school population through the development, implementation and management of the health practices campaign.

GETTING READY

Introduce several options from which students can select for a school wide health practices campaign.

ACTIVITIES

Students select a school wide health practices campaign from one of the options presented;

- Create A Fitness Track
- How to Keep a Food Journal
- Ethnic Food Pyramids Awareness
- Fitness Breaks Have Advantages
- Gets Fit: A Wellness Project

- Create an implementation plan for the selected campaign including details to be completed in preparation for the Culminating Event.
- Build a timeline and calendar beginning with the date of the culminating event and work backwards to the beginning of research and preparation.
- Divide into teams for the selected campaign with each team member accepting a specific assignment based on the leadership skills lesson plan previously completed.
- Reflect back on the “What would you do?” response to the scenario handout as each team member completes their individual tasks from Part 1.
- Review the Sample Rubric that will be used to assess results of the campaign for both team and individual scores. Edit sample rubric as needed to fit the selected campaign.

INSTRUCTOR ROLE

Review various campaign options and assist students to make the selection most appropriate for the student population demographics and school site location.

Improve Health Practices School Wide Campaign
Provide guidelines for the selected campaign activities:
- Create A Fitness Track
- How to Keep a Food Journal
- Ethnic Food Pyramids Awareness
- Fitness Breaks Have Advantages
- Gets Fit: A Wellness Project

Form teams as indicated for selected campaign. Review criteria for the culminating event as described for selected campaign activity. Guide timeline development to ensure alignment with school calendar.

**RESOURCES**

2. American Lung Association
   No-cost resources on web site [http://www.lung.org](http://www.lung.org)
4. HOSA–Future Health Professionals [www.hosa.org](http://www.hosa.org)
   No-cost resources, games, lessons and newsletters for teachers at [www.kqed.org](http://www.kqed.org).

**STANDARDS**

Health Science and Medical Technology Anchor Standards

*Communications (C2.3)*
- Interpret verbal and nonverbal communications and respond appropriately

*Problem Solving and Critical Thinking (PSCT5.1)*
- Identify and ask significant questions that clarify various points of view to solve problems

*Leadership and Teamwork (LT9.1)*
- Define leadership and identify the responsibilities, competencies, and behaviors of successful leaders

*Leadership and Teamwork (LT9.2)*
- Identify the characteristics and benefits of teamwork, leadership, and citizenship in the school, community, and workplace setting

Common Core English Language Arts

*Reading Standards for Informational Text (RSIT 11-12.7)*
- Integrate and evaluate multiple sources of information presented in different media or formats (e.g., visually, quantitatively) as well as in words in order to address a question or solve a problem

Common Core Mathematics

*Math (grade high school S-ID.2) Statistics and Probability*

Use statistics appropriate to the shape of the data distribution to compare center (median, mean) and spread (interquartile range, standard deviation) of two or more different data sets