

Health Opportunities Through Physical Education

Lesson Plan 5: Living Well News and Chapter Review

In this lesson you will read an article about the age at which people are now marrying. You will practice your health literacy skills by answering questions about the article.

AAHE Standards

2.12.1 Analyze how the family influences the health of individuals.

5.12.2 Determine the value of applying a thoughtful decision-making process in health-related situations.

8.12.1 Use accurate peer and societal norms to formulate a health-enhancing message.

Preparing the Lesson

Lesson Objectives

1. Evaluate the information available on marriage and use it to form an informed opinion.
2. Evaluate a line graph effectively.

Preparation

Copy the Living Well press handout (**Worksheet: Living Well News**) and the lesson application worksheet (**Worksheet: Thinking Well**).

Bell Ringer

Write the journal question on the board. Make sure that students are on task upon arriving at class and allow them three to five minutes to write.

Journal question: At what age do you think it is appropriate to get married? Why did you choose that age? Do you think getting married at an older age provides you with any benefits compared to getting married at a younger age? Explain what the benefits may be if you think there are any.

Lesson Focus

1. Explain that students will read a Living Well article focused on the age of marriage and then work silently or with a partner to answer questions that help build their health literacy skills.
2. Hand out the Living Well News article (**Worksheet: Living Well News**) and allow students 5 to 10 minutes to read it silently and to study the graph.

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Option: Select a student to read the article for the class.



Academic Connection: Reading Comprehension: Ask a few students to summarize sections of the article in their own words before continuing.

Lesson Application

1. Hand out the Thinking Well worksheet (**Worksheet: Thinking Well**).
2. Have students work alone or with a partner to answer each of the questions on the worksheet. Tell the students how long they will have to complete the worksheet (20 to 25 minutes).



Check for Understanding: Move around the classroom and check accuracy and completion of responses.

3. Have students share their responses to the questions and check for any errors or misconceptions.

Reflection and Summary

Review the day's lesson by revisiting the lesson objectives. Formulate each objective as a question and solicit responses.

1. Evaluate the information available on marriage and use it to form an informed opinion. Answers will vary. Remind students that they have not only been considering the appropriate age to marry in our society and how it relates to lowering divorce rates, but they have also had the opportunity to practice their literacy skills and to develop an opinion about a controversial issue that is based on available evidence.
2. Evaluate a line graph effectively. Completed as question 7 of **Worksheet: Thinking Well**.

Evaluate

Collect **Worksheet: Thinking Well** and check for accuracy and completion.

Option: Have students complete **Worksheet: Chapter Review**.

Option: Use the Health Opportunities Through Physical Education test package to create a chapter quiz.

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Reinforcing the Lesson

Take It Home

Ask your parents, guardians, or other trusted adult what age they were when they married and if they would marry at that age again if they had the chance to do it again. What are their views of marrying right out of high school? Do they think people should wait to marry until they are older and have been able to experience life? Do you agree with the adults' opinions?

Challenge Activity

Have students research the age people marry in a minimum of five countries. Have students create a graph to visually show the average age of marriage. Encourage students to use statistics to help make their points.