



HS LESSON 8: Analysis of Research & Communicate Results

LESSON DESCRIPTION: In this lesson, students work with partners to discuss solutions to the problems they discovered during their research. Students will either create a power point or write a fact sheet for parents of young children. Students will complete a graphic organizer to help create their power point or fact sheet. .

FOCUS QUESTIONS: How can we solve the problems associated with excessive screen use discovered during our research analysis?

OBJECTIVES: Students will:

- review facts/statistics of the problem they focused on while doing their research.
- discuss possible solutions.
- share what they have learned in a power point or fact sheet geared towards parents of young children

Core State Standards

CCSS.ELA-Literacy.SL.9-12.1 Initiate and participate effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grades 9-12 topics, texts, and issues, building on others' ideas and expressing their own clearly and persuasively.

CCSS.ELA-Literacy.WHST.9-12.6 Use technology, including the Internet, to produce, publish, and update individual or shared writing products, taking advantage of technology's capacity to link to other information and to display information flexibly and dynamically... in response to ongoing feedback including new arguments or information.

LENGTH OF LESSON: This lesson will take between two and three periods.

MATERIALS NEEDED:

- Research Folders
- HANDOUT 1: Problems and Solutions
- HANDOUT 2: Power Point Story Board
- Examples of fact sheets about health related topics

Teacher's Note: You can either let the students decide if they want to create a Power Point of Information Fact Sheet or you can make that decision. Either activity will help them synthesize what they have learned. Both the Common Core Standards and the new Next Generation Science Standards emphasize writing and presenting information to assert and defend claims and demonstrate what they know with supporting evidence.

PROCEDURE:

Activity 8.1: Students will work with partners to discuss research

1. Have students get together with partners to review the information/statistics they discovered while completing their online research. They will summarize their previous work onto **HANDOUT 1: Problems and Solutions**
2. Have partners brainstorm ideas for possible solutions to the problems associated with excessive screen use or violent media.

Activity 8.2: Students will either create a power point or write a fact sheet for parents of young children.

1. Explain to students the importance of being able to share what they have learned and their recommendations or solutions. They will be creating a product to demonstrate what they have learned but it can also be used to educate others. Tell students they can decide to create either a power point or a fact sheet for parents of young children.

Teacher's Note: You can either let the students decide if they want to create a Power Point of Information Fact Sheet or you can make that decision. Either activity will help them synthesize what they have learned.

Activity 8.3: Students will work with their partner to create a fact sheet for parents of young children modeled after the American Academy of Pediatrics fact sheets.

1. Tell the students they should use the work they did on **HANDOUT 1: Problems and Solutions** but they can include additional information to create their fact sheet..
2. Provide students with examples of fact sheets about health related topics. Several examples have been included at the end of the lesson. Have students write a one page fact sheet that includes information they have learned from their readings. They can also include a summary of the data they collected on cartoons if it's relevant to their topic. Remind them their audience is parents with young children. Emphasize not having too much text on the Information Fact Sheet and to use a creative layout.

Activity 8.4: Students can choose to work with their partner to create a Power Point instead of an Information Fact Sheet.

1. Tell the students they should use the work they did on **HANDOUT 1: Problems and Solutions** but they can include additional information.
2. Students will work with their partner to complete **HANDOUT 2: Digital Storyboard** as preparation for creating their power point. Remind them their target audience is parents of young children. Provide limits on the length of the Power Point, e.g., 12 slides.

Activity 8.5: Students will present their work to the class. The next lesson will expand their work and provide them with more flexibility on creating a campaign product.

1. Have students come up as partners and show their power point or fact sheet and talk briefly about what information they thought was the most interesting or important. Limit their time. This should move quickly and be as stress free as possible. This is preparation for the next lesson which is more demanding.

HANDOUT 1: Problems and Solutions Summarize previous information.

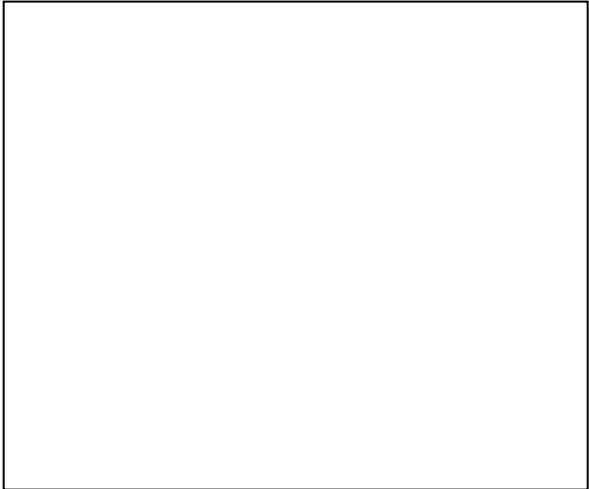
What is the problem or problems you identified?

Supporting evidence (include data if relevant):

Supporting evidence (include a quotation and give reference):

Solution or recommendations:

HANDOUT 2: Power Point Story Board













DID YOU KNOW regular physical activity can help every part of your body, even your brain?

No matter your age, shape or ability level, you should be physically active every day! Regular physical activity includes daily participation in moderate to vigorous physical activity that promotes cardiovascular endurance and muscular strength. Children and adolescents should be physically active for 60 minutes (1 hour) or more each day, and adults should be physically active for at least 150 minutes per week. Why? In addition to helping tone your body, physical activity strengthens your muscles and bones, improves your skin, helps to put you in a better mood, helps you sleep better, boosts your brainpower and more!

Physical benefits of physical activity

Studies show that regular physical activity has many benefits for your body. The benefits of physical activity on cardiorespiratory health are some of the most extensively documented of all the health benefits. Cardiorespiratory health involves the health of the heart, lungs, and blood vessels. People who exercise at moderate or vigorous intensity have a significantly lower risk of heart disease and stroke than inactive people. Since physical activity burns calories, being physically active can also help you maintain a healthy weight, reduce body fat, tone your body, and even improve your self-image. Regular, moderate exercise – particularly weight-bearing exercises like walking, running, jogging, and dancing – also keep your bones strong. Exercise also boosts circulation and the delivery of nutrients to your skin. Your skin color is also improved after exercise because of the increase in blood flow.

Mental benefits of physical activity

Regular physical activity can also help your brain and state of mind! Exercise boosts blood flow to the brain and helps it receive oxygen and nutrients. It also optimizes your mindset to improve alertness, attention and motivation, and encourages nerve cells to bind to one another, which is the cellular basis for logging in new information. Research also shows that regular exercise reduces symptoms of moderate depression and enhances psychological fitness. Exercise can even produce changes in certain chemical levels in the body, which can have an effect on your psychological state. During exercise the brain produces endorphins, which are hormones that are associated with positive, healthy and happy feelings. This means regular activity can help to ease symptoms of depression and put you in a better mood!

Social benefits of physical activity

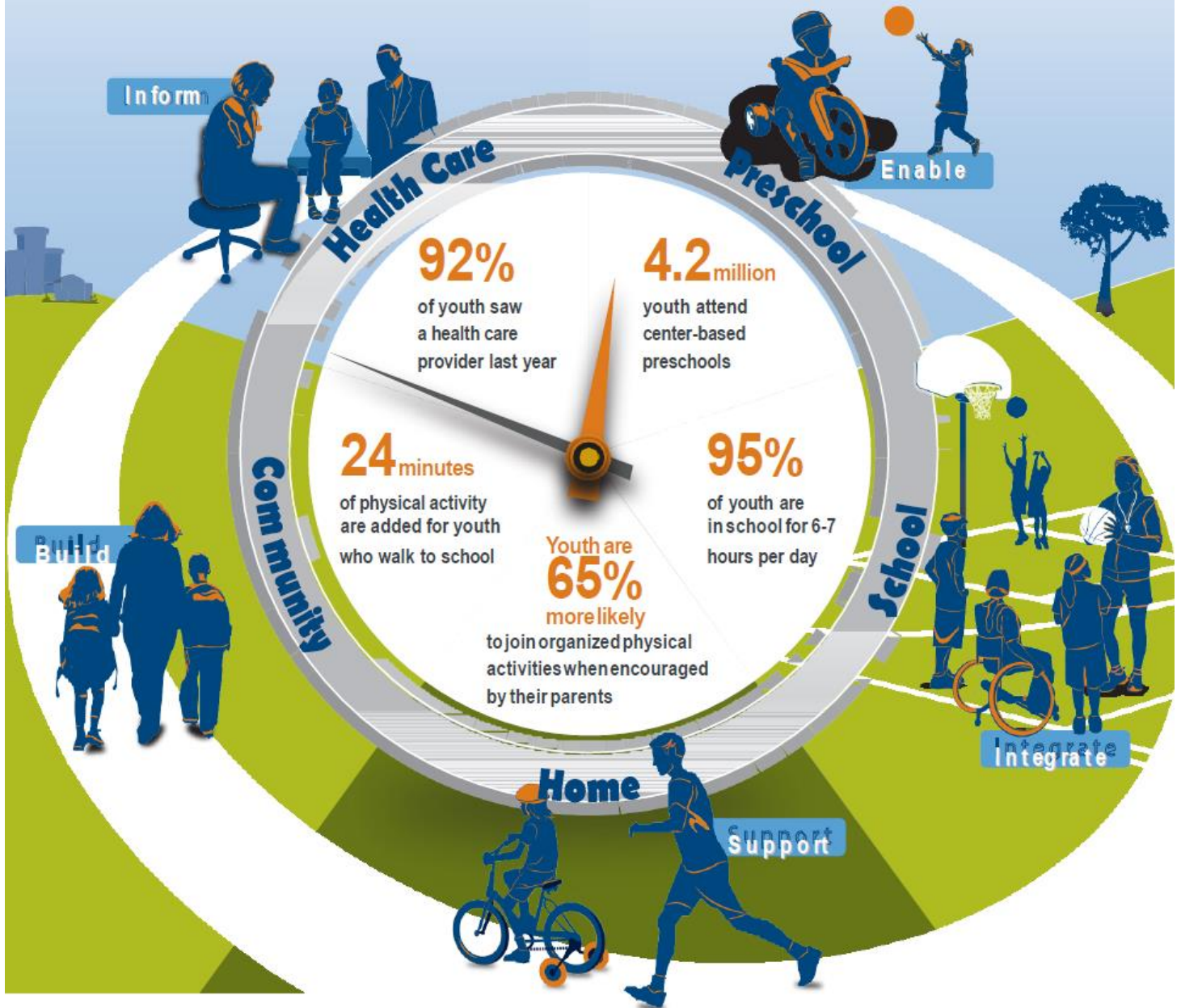
There are also social benefits related to physical activity. Many forms of physical activity including team sports and group activities can help you meet new people and widen your social network. Even for individual activities, like rollerblading or hiking, it's often easy to join a group or simply find others who like to do the same things you like to do. Regular activity can also help you increase self-esteem and reduce stress. And many activities can help with problem solving and learning how to get along with others.

Regular physical activity is a key part of the Energy Balance equation and one of the most important things you can do for your health. No matter your age or ability level, staying active can contribute to your physical, mental and social health throughout your life!



Minutes or More a Day

Where Kids Live, Learn, and Play



Physical activity is critical for overall health.

Learn more: www.health.gov/paguidelines



Sources: Synder T, Dillow S. Digest of education statistics 2010. Washington, DC: National Center for Education Statistics, Institute of Education Sciences, US Department of Education; 2011. Federal Interagency Forum on Child and Family Statistics. America's children in brief: key national indicators of well-being, 2006. Washington, DC: US Government Printing Office; 2006. Sirard JR, Riner WF, McIver KL, Pate RR. Physical activity and active commuting to elementary school. Med Sci Sports Exerc. 2005;37(12):2062-9. J Pediatr. 1991;118(2):215-9. Bloom B, Cohen RA, Freeman G. Summary health statistics for U.S. children: National Health Interview Survey, 2011. Vital Health Stat 10. 2012 Dec;(254):1-148. Heitzler CD, Martin SL, Duke J, et al. Correlates of physical activity in a national sample of children aged 9-13 years. Prev Med. 2006;42(4):254-60.

Physical Activity Guidelines for Americans: Youth Physical Activity Recommendations



Key Guidelines for Youth

Youth (ages 6—17) should do 60 minutes (1 hour) or more of physical activity daily.

- **Aerobic:** Most of the 60 or more minutes a day should be either moderate- or vigorous-intensity aerobic physical activity and at least 3 days a week should include vigorous-intensity physical activity.
- **Muscle-strengthening:** As part of their 60 or more minutes of daily physical activity, youth should include muscle-strengthening physical activity at least 3 days a week.
- **Bone-strengthening:** As part of their 60 or more minutes of daily physical activity, youth should include bone-strengthening physical activity at least 3 days a week.

It is important to encourage youth to participate in physical activities that are appropriate for their age and ability, that are enjoyable, and that offer variety.

Type of Physical Activity	Examples of Activities for Youth
Moderate-intensity aerobic*	<ul style="list-style-type: none"> • Active recreation, such as hiking, skateboarding, and rollerblading • Bicycle riding • Brisk walking • Dancing
Vigorous-intensity aerobic**	<ul style="list-style-type: none"> • Active games involving running and chasing, such as tag • Martial arts • Running • Sports such as soccer, swimming, and tennis
Muscle-strengthening	<ul style="list-style-type: none"> • Games such as tug-of-war • Push-ups or modified push-ups (with knees on floor) • Resistance exercises using body weight or resistance bands • Sit-ups (curl-ups or crunches) • Swinging on playground equipment/bars
Bone-strengthening	<ul style="list-style-type: none"> • Games such as hopscotch • Skipping • Jumping rope • Sports such as basketball and volleyball



*Moderate-intensity activity: Allows you to talk but not sing.

**Vigorous-intensity aerobic: Allows you to say only a few words without catching your breath.

Note: Some activities can be classified as more than one type of activity.

www.health.gov/paguidelines

