

Health Opportunities Through Physical Education

Lesson Plan 1: Infectious Diseases

In this lesson, you'll learn about infectious diseases, including causes, transmission, and means of prevention.

AAHE Standards

1.12.5 Propose ways to reduce or prevent injuries and health problems.

4.12.1 Use skills for communicating effectively with family, peers, and others to enhance health.

Preparing the Lesson

Lesson Objectives

1. Understand what infectious disease is and identify common means of transmission.
2. Know the major classifications of infectious disease and provide one example of each.
3. Know ways in which to prevent infectious disease.

Preparation

1. Copy the lesson focus worksheet (**Worksheet: Focus on Infectious Diseases**), the lesson application worksheet (**Worksheet: Disease Prevention Jingle**), and **Quiz: Infectious Diseases**.
2. Open the lesson 1 PowerPoint slides and set up your projector. Open slide 2 (journal question) so that it is visible when students enter the classroom.

Bell Ringer

Project slide 2 (journal question) onto the screen or write the question on the board. Make sure that students are on task upon arriving at class and allow them three to five minutes to write. Have students record their responses in their notebooks.

Journal question: When was the last time you had the flu or a cold? Which did you have and how do you know?

Option: Give **Quiz: Infectious Diseases** as a pretest to assess students' knowledge and focus their thinking. Have copies of the quiz on the desks before class or hand them out as students enter the room.

Option: Have students read the section of the text labeled Influenza and the Common Cold and then discuss the Healthy Communication questions in small groups.

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Lesson Focus

Review chapter content using the PowerPoint slides for lesson 1. Have students take notes using **Worksheet: Focus on Infectious Diseases**.

Option: Have students complete **Worksheet: Focus on Infectious Diseases**. When all students have finished, review answers as a class.

Lesson Application

1. Distribute **Worksheet: Disease Prevention Jingle** so that each student has a copy.
2. Place students in groups of three or four.
3. Explain to students that they will develop a jingle to teach elementary school children. Emphasize that the jingle should be age appropriate, catchy, and educational. Ask students to follow the instructions on the worksheet and raise their hand if they have questions.
4. Call on groups to share their jingle with the class. For each jingle, ask members of other groups to identify which prevention strategies were addressed.

Option: Assign groups specific diseases or prevention strategies to focus on in order to ensure that the class addresses a variety of strategies.

Reflection and Summary

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

1. Understand what infectious disease is and identify common means of transmission. Infectious diseases are caused by dangerous microorganisms called pathogens. They are spread through direct contact (in body fluids), indirect contact (on surfaces and objects), and airborne transmission (e.g., by mosquitoes).
2. Know the major classifications of infectious disease and provide one example of each. Bacterial infection (e.g., strep throat), viral infection (e.g., AIDS, SARS, flu, cold), fungal infection (e.g., athlete's foot), protozoan infection (e.g., malaria), and infection by larger pathogens (e.g., lice, mites, worms)
3. Know ways in which to prevent infectious disease. Examples include washing hands; keeping a clean home; cleaning bathroom surfaces often; keeping food properly stored; cooking food completely; covering one's nose or mouth when sneezing or coughing; allowing feet to air out and keeping shoes dry; and avoiding the sharing of utensils, straws, and cups.

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Evaluate

Have students complete **Quiz: Infectious Diseases**.

Option: Collect **Worksheet: Focus on Infectious Diseases** or **Worksheet: Disease Prevention Jingle** and check for accuracy and completion.

Reinforcing the Lesson

Take It Home

Encourage students to create reminders of ways to prevent infectious disease and to post them on sticky notes in areas of the home where infectious diseases may be spread (e.g., bathrooms, kitchens, handrails).

Challenge Activity

Have students research the effectiveness of hand sanitizers for preventing the spread of infectious disease. Ask students to develop an informational brochure or handout explaining what hand sanitizer products contain, how they work, how to use them, and what their limitations are.