Profile Sheet
PBL Lesson Plan for Diverse Learners

Profile Sheet

Original Title: Fitness Advisors Explore Ways to Practice Responsible Health Behaviors in Children

Primary Subject Area: Health

Outside Subject Area: Language Arts

Description of Student Roles and Problem Situation: Students become the problem solvers when they assume the roles of fitness advisors. The fitness advisors are employees of the Gadsden County School System, and have been enlisted to assist in eradicating the problem of obesity in children. They have been called upon to brainstorm some ideas that may eliminate this problem such as nutritional evaluations and exercise plans. Gadsden County School System Superintendent has sent a memorandum to the fitness advisors enlisting their help with minimizing the severity of the issue of obesity in children in the area.

Teacher: MarLinda Monroe-Johnson, B.S., M.P.A.

Grade level: 1st grade

Adaptations for Student from Non-Western culture:
Include resources that are from the student’s culture
Include an audience member (if possible) from the student’s culture
Research the value system of the student’s culture, and coordinate instructional techniques and classroom activities with this value system.

Adaptations for ESOL Student:
Include resources in student’s first language
Use community or school resources to include a representation of the student’s native language for translation when necessary.
Allow students to present in first language, and use the community/school resource for interpretation.
Allow native language dictionaries
Title, Learner Characteristics, and Sunshine State Standards

Teacher: Mrs. Monroe-Johnson
Subject: Health
Class: Health Education
Class Level: Elementary
Grade: 1st

PBL Title:
Fitness Advisors Explore Ways to Practice Responsible Health Behaviors in Children

SSS in Health:

HE.1.B.2.2: Describe good listening skills to enhance health. (e.g., positive body language, don’t interrupt, and focuses on the speaker)

HE.1.C.2.4: The student names examples of media messages that relate to health behaviors. (e.g., fast food commercials, milk commercials, candy commercials, food commercials make you hungry, some snack really aren’t healthy, and infomercials)

HE.1.P.1.1: The student will learn to demonstrate good personal habits. (e.g., brush teeth, share with others, and get adequate sleep)

SSS in Language Arts:

LA.1.6.4.1: The student will use appropriate available technology resources (e.g., writing tools, digital cameras, drawing tools) to present thoughts, ideas, and stories.

LEARNER CHARACTERISTIC #1 PHYSICAL
People in the United States are becoming more overweight. According to the authors of the text Snowman and Bieler (p. 78), poor food choices and physical inactivity are contributing to the rise in obesity.

JUSTIFICATION
Obesity issues are in the news, and the problems surrounding those issues are at an all time high. Children are becoming overweight at young ages, which can potential be prevented with the invocation of health and healthy living. Children need to know what to do in order to ensure that they remain healthy individuals.
LEARNER CHARACTERISTIC #2 SOCIAL
Communication is important for people to initiate a change toward living a healthy lifestyle. The authors of the text Snowman and Bieler affirm that “by grades 4 and 5, children are more interested in getting along with one another without adult supervision.” (p. 79)

JUSTIFICATION
Understanding that communication is important in obtaining information that can improve and create a desire for healthy living is also important. Children often learn by example, and if adults take charge and decide to lead a healthier lifestyle, it is possible that children will follow in their footsteps, relinquishing the obesity issues that face us today.

LEARNER CHARACTERISTIC #3 EMOTIONAL
Obesity issues can create emotional challenges for children. Recited by the authors of the text Snowman and Bieler claim that “comparison with others is the fundamental basis of a self-image during the elementary grades” (p. 81)

JUSTIFICATION
Children seem to hide themselves in a personal shell. They may not be encouraged to participate and play well with others. Children with weight issues may be more withdrawn and unreceptive of others.

LEARNER CHARACTERISTIC #4 COGNITIVE
Although the text states that “between the ages of twelve and sixteen, political thinking becomes more abstract, liberal, and knowledgeable,” media and technology can be used to relay information about practicing responsible health behavior.

JUSTIFICATION
Realizing that the media as well as technology and technological advance play a significant role in disseminating information about healthy living is important. Children need to know how to decipher such information, and be able to utilize it for their benefit of leading a healthier and more productive life style.

LEARNER CHARACTERISTIC #5 COGNITIVE
Becoming knowledgeable about living a healthy lifestyle is very important. The authors of the text affirm that the cognitive characteristics of elementary grades children includes logical thinking, and they can solve tasks, but “only if they are based on concrete objects and ideas.” (Snowman and Bieler, p. 82)

JUSTIFICATION
Gaining information about leading healthier lives is important when we want to prolong life expectancy. Children can enhance the quality of life by gaining knowledge about being responsible for our own health, as well as learning techniques to help cope with stress in their daily lives.
Learning Outcomes, Student Role, Problem Situation, & Meet the Problem Method

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HE.1.C.2.4: The student names examples of media messages that relate to health behaviors. (e.g., fast food commercials, milk commercials, candy commercials, food commercials make you hungry, some snack really aren’t healthy, and infomercials)
LO #2 Given the culture of a particular country, the student will demonstrate the different health issues that affect them accurately. (Comprehension)
LO #3 Given a set of guidelines, students will show how different cultures have different health issues accurately. (Knowledge)

HE.1.P.1.1: The student will learn to demonstrate good personal habits. (e.g., brush teeth, share with others, and get adequate sleep)
LO #4 Given 10 healthy and unhealthy foods, students will develop a chart that categorizes the foods as healthy and unhealthy with 100 percent accuracy. (Synthesis)

SSS in Language Arts:

LA.1.6.4.1: The student will use appropriate available technology resources (e.g., writing tools, digital cameras, drawing tools) to present thoughts, ideas, and stories.
LO #5 Given a set of guidelines, students will defend the details on the topic of obesity in children with accuracy. (Evaluation)

Description of Student Roles and Problem Situation:

Students become the problem solvers when they assume the roles of fitness advisors. The fitness advisors are employees of the Gadsden County School System, and have been enlisted to assist in eradicating the problem of obesity in children. They have been called upon to brainstorm some ideas that may eliminate this problem such as nutritional evaluations and exercise plans. Gadsden
County School System Superintendent has sent a memorandum to the fitness advisors enlisting their help with minimizing the severity of the issue of obesity in children in the area.

**Meet the Problem Document:**

**Memorandum**

**To:** Gadsden County School Board Fitness Advisors  
**CC:** Gadsden County School Board Fitness Administrator  
**Fm:** Gadsden County School Board Superintendent  
**Date:** 7/31/2018  
**Re:** Ways to Practice Responsible Health Behaviors in Children

As you know, we have been having an ongoing issue with obesity in children in the Gadsden County School System. Parents have expressed that they are having trouble controlling their kids eating and exercise habits, therefore, they are asking for our assistance.

Many parents have been limiting the food intake of their children who are obese, as well as initiating exercising programs to no avail. They believe that because their children are in school for a large portion of the day, they can be positively influenced to get more physically fit. I am enlisting your help in creating a plan that will reduce the obesity rate in children in the Gadsden County School System, as well as help them to get more physically fit.

The School Board Committee, as well as myself will be meeting on Friday, January 30, 2009 at 6:00pm to merge some ideas that would limit or erase the problem of obesity in the children of the Gadsden County School System.
Problem Statement, Know/Need to Know Boards, and Possible Resources

Teacher: Mrs. Monroe-Johnson
Subject: Health
Class: Health Education
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*Fitness Advisors Explore Ways to Practice Responsible Health Behaviors in Children*

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*LO #5 Students will defend the details on the topic of obesity in children with accuracy. (Evaluation)*

**Sample Problem Statement:**

How can we as fitness advisors, determine what needs to be done in order to eradicate the problem of obesity in children.

- We meet the deadline for the presentation
- We look at the effects that obesity has on the children.
• We provide the Gadsden County School System officials and Superintendent with accurate data.
• We describe the steps that can be taken in order to significantly reduce the effects that obesity in the children of Gadsden County.

What we know:
1) Students in Gadsden County School Systems are overweight.
2) Parents in the school district are concerned about their children.
3) Parents have expressed that they are having trouble controlling their childrens exercise and eating habits.
4) Parents have initiated exercise programs but to no avail.
5) Parents think that their children can be helped in school.
6) The school board will be meeting on 1-30-09 at 6:00pm.
7) The purpose of the meeting is to merge some ideas that would limit or erase the problem of obesity in the children of the Gadsden County School System.

What we need to know:
1) What obese children are eating.
2) What exercises are proficient in reducing the weight of children.
3) What children need to eat in order to become healthier.
4) How parents can help their children are home.
5) Whether or not children are exercising at home.
6) What parents are doing to assist their children in coping with the issue of childhood obesity.
7) Which ethnicities are facing the most problems.
8) How obesity is affected by different cultures.
9) How to categorize healthy and unhealthy foods.
10) What steps are necessary to get kids more physically fit.

RESOURCES:

Web Sites

http://www.saferchild.org/obesity.htm

http://www.associatedcontent.com/article/112719/fighting_obesity_what_we_needed_to_do.html

http://bmj.bmjournals.com/cgi/reprint/328/7452/1327.pdf


http://www.washingtonpost.com/wp-dyn/content/article/2009/02/19/AR2009021902924.html
Printed Materials/Costumes

New Prescription for Childhood Obesity
By Billy Johnson, MD, Ph.D, Iuniverse. January 15, 2008, Hampton, VA

Overcoming Childhood Obesity [ILLUSTRATED] (Paperback)


Conquering Childhood Obesity For Dummies (For Dummies (Lifestyles Paperback)) [ILLUSTRATED] (Paperback) by Kimberly A. Tessmer (Author), Michelle Hagen (Author), Meghan Beecher (Author). For Dummies; 1st edition. July 12, 2006. New York, New York

Community Resources:

Dr. Freddie Kaye, Nutritionist

Dr. Alma B. Littles, Physician/Family Medicine
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• We look at the effects that obesity has on the children.
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• We describe the steps that can be taken in order to significantly reduce the effects that obesity in the children of Gadsden County.

We do no harm to the children or the environment that they inhabit, with any changes or ideas that we propose.

**Capstone Performance Description:**

The capstone performance for the problem contains 2 parts, which is consistent of an individual report and a group presentation. Given an article/memo about an issue of overweight children, students will predict a positive ending to the eradicating the situation of obesity in children accurately. Students will be working toward eradicating the problem of childhood obesity among American citizens in the U.S. The region in question is Gadsden County, Florida. Each group will be responsible for creating their own synopsis of ideas that would reduce the obesity rate among children in the Gadsden County School System. Students will show how students of different cultural backgrounds have similar or different issues with fighting obesity issues in their children. The groups will also be responsible for making a presentation consisting of ideas that could be implemented to reduce the obesity rate among children.

In the report, the student will take the part of a fitness advisor, presenting his/her own solutions to the team. Given 10 healthy and unhealthy foods, students will develop a chart that categorizes the foods as healthy and unhealthy accurately. Also, each student must describe 1 feasible solution and then provide at least 3 justifications why they are making their recommendations.

In the oral presentation, each student posing at a fitness advisor, will make a presentation of his/her most plausible solution to the problem. One student will be in charge of presenting the team’s best solution. Each member must provide only one justification for the team choosing that particular solution. Students will defend the details on the topic of obesity in children accurately.

Eight students that are not in the presenting group will play the role of Gadsden County School Board Administrators, and Superintendent, and these students will rotate with each group. The students playing the roles of administrators and the superintendent will be prepared to ask each member of the presenting group a fitness related question. The instructor prior to the group making their presentation will formulate the questions. The fitness advisors will assemble in the front of the classroom. Each member of the fitness advisors will be allowed the use of the white board, podium, data projector, and the screen. The remainder of the class will be seated in the rear of the classroom.

Student autonomy is integrated because students are encouraged to create solutions to present during the group presentation, as well as in their written presentation. Therefore, the student has the ability to strategize his/her own part of the presentation. Meta-cognition is promoted because each student will be asked to complete a questionnaire, which reflects upon the presentation that they made.
ROOM ARRANGEMENT

Screen

Projector

Fitness Advisors

Podium

Commissioners and Superintendent Table

Student Desks
Rubric for Assessing the Capstone Performance

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<thead>
<tr>
<th>CRITERIA</th>
<th>Excellent</th>
<th>Satisfactory</th>
<th>Unsatisfactory</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Topic Paragraph</strong></td>
<td>Topic paragraph specifically addresses at least 3 problems of childhood obesity. Three supporting sentences about childhood obesity is detailed in the body paragraphs are present. Paragraph is 8 to 10 sentences long.</td>
<td>Topic paragraph addresses at least 2 problems of childhood obesity. Two supporting sentences about childhood obesity is detailed in the body paragraphs are present. Paragraph is 5-7 sentences long.</td>
<td>Topic paragraph addresses 0 to 1 problem of childhood obesity. Zero to one supporting sentence about childhood obesity is detailed in the body paragraphs are not present. Paragraph is less than 5 sentences long.</td>
</tr>
<tr>
<td><strong>1st Body Paragraph</strong></td>
<td>Written paragraph is 8-10 sentences in length. Supporting sentence is supported by at least 4 facts relating to childhood obesity and a resolution to the problem.</td>
<td>Written paragraph is 5-7 sentences in length. Supporting sentence is supported by at least 3 facts relating to childhood obesity and a resolution to the problem.</td>
<td>Written paragraph is less than 5 sentences in length. Supporting sentence is supported by less than 3 facts relating to childhood obesity and a resolution to the problem.</td>
</tr>
<tr>
<td><strong>2nd Body Paragraph</strong></td>
<td>Written paragraph is 8-10 sentences in length. Supporting sentence is supported by at least 4 facts relating to childhood obesity and a resolution to the problem.</td>
<td>Written paragraph is 5-7 sentences in length. Supporting sentence is supported by at least 3 facts relating to childhood obesity and a resolution to the problem.</td>
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<td><strong>3rd Body Paragraph</strong></td>
<td>Written paragraph is 8-10 sentences in length. Supporting sentence is supported by at least 4 facts relating to childhood obesity and a</td>
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<tr>
<td>Resolution to the problem.</td>
<td>20</td>
<td>15</td>
<td>10</td>
</tr>
<tr>
<td>Conclusion Paragraph</td>
<td>Student accurately recaps the 3 supporting sentences, and supporting details relating to childhood obesity and a resolution to the problem. Paragraph is 8-10 sentences long.</td>
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</table>

Grading Scale: A = 90 or more; B = 80 - 89; C = 70 - 79; D = 55 - 69; F = 54 or less

Oral Presentations Rubrics

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<tr>
<td>Timeliness</td>
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<tr>
<td>Delivery</td>
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<tr>
<td>Content</td>
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</tr>
<tr>
<td>Solutions Alignment</td>
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other, and give 4 reasons for choosing the one they did. The solution is detailed accurately and proficiently.

<table>
<thead>
<tr>
<th>TOTAL POINTS</th>
<th>2-3 reasons for choosing the one they did. The solution is detailed somewhat accurately and proficiently.</th>
<th>the one they did. The solution is not detailed accurately and proficiently.</th>
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Two Alternative Solutions and “Best” Solution Analysis

Two Alternative Solutions and One “Best” Solution

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Solution #1
Gadsden County Scholl Board create of an after school program for obese students, which has an exercise and fitness curriculum.

Pros

- Students will get the exercise they need to become more fit.
- Students will learn more about nutrition and exercise.
- Students will improve their social development skills.
- Students will weigh less, and improve their quality of life.

Cons

- The program will cost money that a financially struggling school board does not have.
- More manpower will be needed to accommodate these students after school.
- Nutritious foods need to be distributed so that students have an idea about what eating healthy should entail.
- Parents involvement may not be present while the child is at home.

Consequences:

The school board who is already struggling financially would have to initiate some budget cuts that would allow the implementation of this program. Also, the participants in the program may be ostracized for participating in such a program. However, because the program would be initiated after school, students participating can be concealed or kept private to a certain extent.

Solution #2
Gadsden County School Board initiate a breakfast/lunch program for obese children, to assist them in maintaining healthy eating habits.

Pros

- Students participating in the program will have healthy meals at school.
- Students participating in the program will be able to maintain a healthy lifestyle while at school.
- Other students may be encouraged to eat healthy and lead healthy lifestyles.
- Students will experience a reduction in weight due to their new healthy eating habits.

**Cons**

- Students may be ostracized by other students for participating in the program.
- Students may not adhere to the nutritional guidelines of the program before, after, or between meals.
- Increased workload for cafeteria staff, because they will have to prepare a number of meals daily.
- Increased costs for the School Board who is already struggling financially.

**Consequences:**

The school board has little or no money to initiate such a program, and more resources will be needed to carry out this program effectively and efficiently. Students also may be ostracized for participating in this lunch/breakfast program. Also, there is little to no privacy during these times, and students may not want to partake because of this.

My preference is the after school program. I believe that this would be good, because the students will have the opportunity to mesh with one another. This would improve the student’s social skills, as well as help them to alleviate their problems with exercising and eating healthy. Although the program would cost money that the school board does not currently have, it has potentially great benefits for the students overall.
Debriefing Plan and Coaching Questions

Debriefing Plan

Review of Student Generated Solution

Fitness Advisors (student groups) present their solutions orally to the School Board Administrators, during a mock meeting to resolve the issue of childhood obesity in the Gadsden County School System. The entire class will hear the group’s solution presentation and see their visual aids.

Rating of Solutions

As each group makes their presentation, the School Board Superintendent will be recording the pros, cons, and consequences of the solution on a wall chart. The postings remain until all groups have presented. The solution statement should be prepared in advance by each group. The individual chosen to moderate for each group will be directing questions to the school board administrators.

One Best Solution

When the group is completely done delivering their presentation, the school board Superintendent and administrators will call for a vote on the best solution by show of hands. Everyone will vote once, and everyone be required to vote. The voting will continue until only one solution remains. The School Board Superintendent will manipulate the solution by adding components of other solutions. Changes to the chosen solution may be made. This process will end when one best solution has been created through class participation. The newly formulated solution will be placed on the wall chart as well.

Coaching by the Teacher

Five Essential Concepts

The “best” solutions must utilize accurate economic concepts. This includes explaining how each of the following affects a personal budget.

1) Needs vs. Wants

2) Income vs. Expenses

3) Savings

4) Irregular Expenses

5) “Fun Money” – Personal Expenditure
The teacher has been an inactive participant until the School Board Superintendent begins to write revisions to the best solution. At this point the teacher may begin asking coaching questions about issues and concerns that need to be addressed for the solution that is being amended. It is of the utmost importance that the teacher asks the appropriate coaching questions. Ethics need to be considered as well as scientific content and good business practices are safeguarded. Notations of these questions should be made for the next PBL exercise. The questions should be scientific and consequently specific to the best solution formulated by the class. The consequences will be dependent upon the solution. Coaching questions of any type should mirror elicit thinking about consequences and suggestions about them for the students.

### Coaching Questions

Key to Question Type: C = Cognitive, M = Meta-cognitive, E = Epistemic Cognitive

#### Meeting the Problem

- **C** Why do you think obesity is an ongoing issue?
- **M** Why do you think parents having trouble controlling their kids eating and exercise habits?
- **C** Do you believe that parents are eating healthy and exercising?
- **E** Why do you think that parents are so adamant about helping their kids become more physically fit?

#### Know/Need to Know

- **C** Do you have enough facts to suggest that children in Gadsden County are overweight?
- **M** What resources have been helpful to you?
- **C** What have you learned about childhood Obesity?
- **E** What can we never know about the problem of childhood obesity in Gadsden County?

#### Writing Problem Statements

- **C** Who must you present your recommendations to?
- **M** Why do you think that the problem you’ve written is the one that you should choose to do?
- **E** How do you feel about the proposed plan of action detailed in the problem statement?

#### Information Gathering and Sharing

- **C** How can you assure that exercise will reduce the number of obese students in Gadsden County?
- **M** How id you decide which team member would perform which duties?
M now that you know how ramped childhood obesity is, does this change your thinking about eating nutritiously?
E What is at stake if children don’t receive any help in Gadsden County for their problems with childhood obesity?

Generating Possible Solutions

C how much money will the school board need to facilitate a solution to the problem of childhood obesity among the students in Gadsden County?
M What are some strengths and weaknesses of the solution that you are proposing?
E How deeply do you believe that the solution would affect the members of the Gadsden County community?