



## Grade 6 Sample Lesson Plan: Unit 1 – The Urinary System

### SOLs

- 6.1. A Identify and describe the major structures and functions of the urinary system (kidneys, ureters, bladder, and urethra) and strategies to promote renal health
- 6.1.D Assess the effects of communicable and noncommunicable diseases on the functions of the body

### Objectives/Goals

- Students will be able to identify and describe structures and functions of the urinary system and articulate how communicable and noncommunicable diseases can impact the urinary system.

### Materials

- Internet Access

### Procedure

- Have students visit the KidsHealth.org site - *How the Body Works: Urinary System* to:
  - read the article *Your Urinary System* (<http://kidshealth.org/en/kids/pee.html>);
  - watch the movie *How the Urinary System Works* (<http://kidshealth.org/en/kids/usmovie.html>); and
  - take the quiz at <http://kidshealth.org/en/kids/usquiz.html?WT.ac=k-ra>
- Remind students that diseases such as kidney stones, infection, cancer, and kidney stones impact the functioning of the urinary system and that disease risks can be reduced through: good nutrition, including drinking plenty of water, physical activity, and hygienic practices (e.g., wiping from front to back, other communicable disease prevention practices).
- Have students research and write a paragraph to complete the following sentence prompts:
- “A communicable and/or non-communicable disease of the urinary system is
  - . It affects these structures of the urinary system:\_\_\_\_\_.

- *Risk for the disease may be reduced by: \_\_\_\_\_.*”

### **Assessment Idea**

- Evaluate student results on online quiz and writing assignment.

### **References**

- KidsHealth.Org How the Body Works: Urinary System  
<http://kidshealth.org/en/kids/usmovie.html?WT.ac=en-k-htbw-main-page-i>
- Kids Health How the Body Works YouTube Series  
<https://www.youtube.com/playlist?list=PLRmb5AxU-JXgajvrrcozhkhMeSWa0XI0Z>
- LiveStrong -Does Exercise Affect the Urinary System?  
<http://www.livestrong.com/article/529262-does-exercise-affect-the-urinary-system/>