

Health Education Lesson Plan

Grades 3-5

Title:

Big Idea: (e . g . , Health is Personal Power)

3-5 Unit Cluster Enduring Understandings

- ☐ My knowledge and attitudes about health help me to act in healthy ways
- ☐ The world I live in teaches me to be healthy or not
- ☐ There are many places to obtain resources
- ☐ Communication skills, including nonviolent strategies and refusal skills, are needed to enhance personal health
- ☐ Using a decision making process enhances health outcomes
- ☐ Tracking my progress and using healthy resources will help me achieve my personal health goals
- ☐ Sometimes family members and friends need an advocate

Lesson Essential Question(s)

Delaware Health Education Standards

Health Concepts

- ☐ Tobacco, Alcohol & Drugs
- ☐ Injury Prevention & Safety
- ☐ Nutrition & Physical Activity
- ☐ Family Life & Sexuality
- ☐ Personal Health & Wellness
- ☐ Mental Health
- ☐ Community & Environmental Health

Skills

- ☐ Internal & External Influences
- ☐ Accessing Information
- ☐ Interpersonal Communication
- ☐ Decision Making
- ☐ Goal Setting
- ☐ Self-Management
- ☐ Advocacy

Lesson Summary

Students will know...	Students will be able to...

Time

Materials and Preparation

Resources and Web Links

Teaching Steps

Assessment(s) for Lesson

Teacher Notes