

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