

Health Education Lesson Plan

Grades 6-8

Title:

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

6-8 Unit Cluster Enduring Understandings

- Knowledge of essential health information impacts the adoption of healthy behaviors
- What I believe and what others believe influence my health
- There are criteria to determine the validity of health information, products, and services
- Peer mediation and negotiation are effective ways to resolve conflicts
- Predicting and analyzing outcomes impact decisions about health
- My personal goals may need adjustment because of changing abilities, priorities and outside influences (e.g. friends, family, etc.)
- The actions of our community affect my health and the health of others

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