

# 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