

Health Education Lesson Plan

Grades 9-12

Title:

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

9-12 Unit Cluster Enduring Understandings

- Health is important and personal actions will impact self and others in many ways
- Internal and external factors influence personal and community health
- Choosing health resources requires critical evaluation and analysis
- Refusal, negotiation, and collaboration skills will enhance the health of self and others
- There are barriers that can hinder healthy decision-making
- Several factors influence the formation, achievement and evaluation of a long term personal health plan
- People have the power to create change

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