

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