

Health Education Lesson Plan

K - Grade 2

Title:

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

K-2 Unit Cluster Enduring Understandings

- ☐ It is important to grow up healthy
- ☐ My family and community help me to be healthy (schools, churches, clubs, etc.)
- ☐ Some but not all adults are reliable sources of health information
- ☐ Health risks are reduced by effective interpersonal communication
- ☐ Some decisions can be made individually while other require assistance
- ☐ To reach my goals and do my best depends on my behavior
- ☐ It is important to verbalize my health needs

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