

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