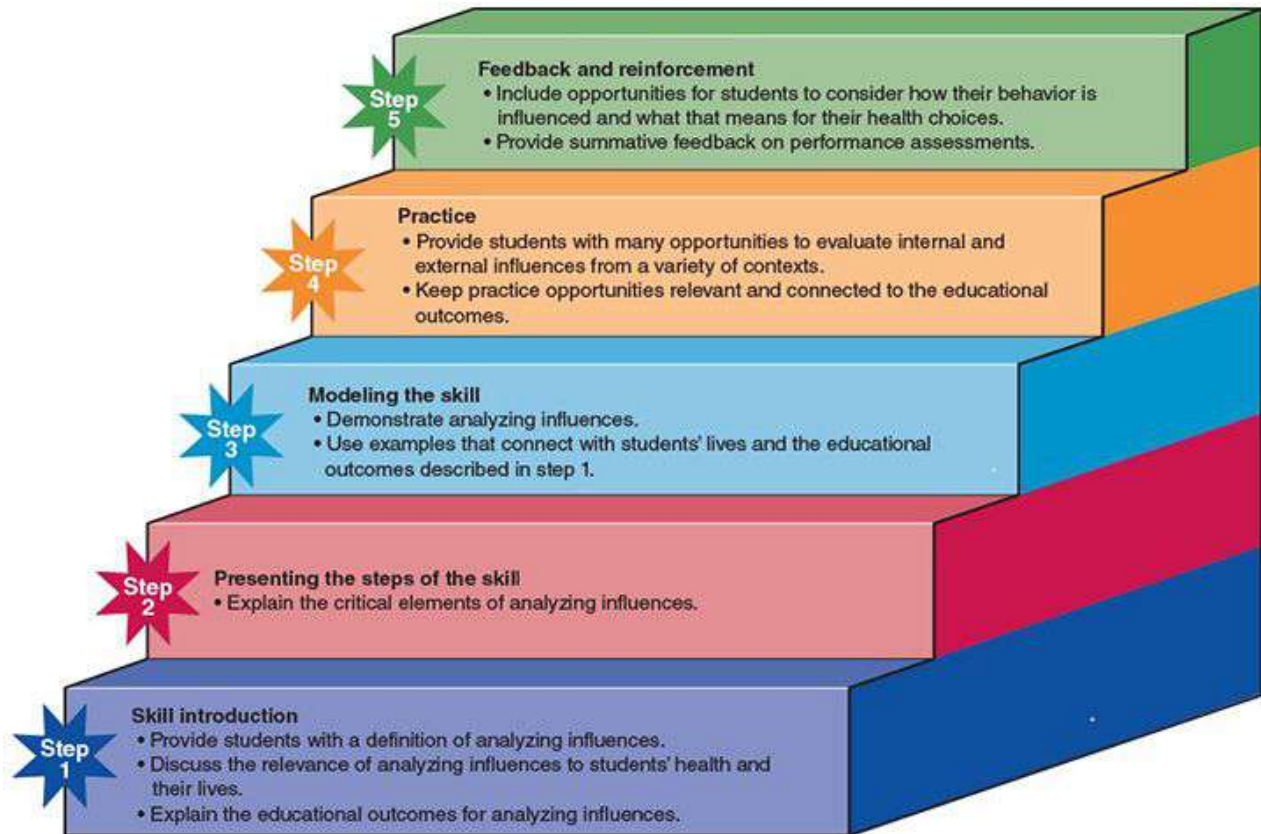


### *Skill Development Model*



Benes, Sarah., Alperin, Holly., (2016). ***The Essentials of Teaching Health Education: Curriculum, Instruction and Assessment***. Champaign, IL: Human Kinetics.

### *Strategies for Implementation*

1. Facilitate learning experiences through which students engage with the content.
2. Use a lesson format that supports knowledge and skill acquisition.
3. Provide engaging, relevant experiences for students.
4. Foster participation and active learning.
5. Provide opportunities for self-reflection, internalization and personalization of the content (information and skills).

*Strategies for Effective Practice Opportunities*

- Set clear expectations for student performance to demonstrate proficiency
- Make practice opportunities realistic and relevant for your audience
- Provide specific feedback aligned with expected outcomes
- Provide opportunities for student choice/input into practice activities
- Practice opportunities provide increased challenge as students progress
- Activities are developmentally appropriate
- Critical thinking is embedded in activities

*Teaching Strategies Common to Evidence-Based Curricula (Herbert, P. & Lohrmann, D.K., 2011)*

Teaching Strategies	Health Skills
Role Play	Communication, conflict resolution, avoidance, refusal, problem solving
Group cooperation (jigsaw, carousel, think-pair-share)	Communication, advocacy, problem solving
Interactive technology (videos, Websites)	Evaluation, advocacy, problem solving
Team games	Communication, critical analysis
Small-group discussion	Communication, self-management, responsibility, critical analysis

Herbert, P., & Lohrmann, D.K. (2011). It's All in the Delivery! An Analysis of Instructional Strategies From Effective Health Education Curricula. *Journal of School Health*, 81(5), pg. 258-264.

*Other Resources*

<http://www.shapeamerica.org/publications/products/upload/Appropriate-Practices-in-School-Based-Health-Education.pdf>

<https://www.cdc.gov/healthyschools/sher/characteristics/index.htm>