

Health Education Lesson Plans: Week of 9-6

	Monday	Tuesday	Wednesday	Thursday	Friday
Content Objective		Students will review the syllabus and understand the expectations of the class.	Students will be able to answer the question “What is Health Education?”  cardinal 101	Students will be able to answer what does “Healthy Living” mean to me.  Cardinal 101	Students will be able to answer what does “Healthy Living” mean to me.
Standard			1.1 Summarize the benefits of healthy eating, being physically active, and keeping the body hydrated, and the potential consequences of not doing so.	1.1 Summarize the benefits of healthy eating, being physically active, and keeping the body hydrated, and the potential consequences of not doing so.	1.1 Summarize the benefits of healthy eating, being physically active, and keeping the body hydrated, and the potential consequences of not doing so.
Language Objective		Students will be able to verbally define 1 expectation of the class	Students will be able to tell their partner what their most important category in health is.	Students will be able to list 5 of the big categories of health education.	Students will be able to show and explain their favorite part of their Health Goals.
ELL Strategy			Modeling the activity Language buddies	Modeling the activity Language buddies	Modeling the activity Language buddies
vocabulary			Wellness, fitness, health	Social, emotional, personal, physical, risk factors	Social, emotional, personal, physical, risk factors

Instruction/ activity/ stations/		<p>Students will be assigned attendance seats and receive the syllabus.</p> <p>We will review the syllabus together. After reviewing the syllabus the students will complete the “getting to know your classmates activity”</p>	<p>Complete a information walk around the room. Place a sticker on the scale where you fall in your knowledge about a specific health item.</p> <p>Brainstorm all the health topics that could fall into each category as a class.</p> <p>Do walk around again and decide if your sticker stays where it started.</p>	<p>Show example of Pinterest board. Then show example of Pinterest paper goal board.</p> <p>Start working on personal healthy living goal boards.</p>	<p>Syllabus due.</p> <p>Complete the Healthy Living Pinterest “goal Board”</p> <p>Present to class 1 favorite part of the page.</p>
Teaching Strategy		Direct instruction,	Direct instruction, group discussion, brainstorming	Direct instruction, modeling	Direct instruction,
Wrap-up/ closure		Have students answer the L.O. to a small group	Have students answer the L.O. to a person sitting next to them	Have students answer the L.O. to a person sitting next to them	Have students answer the L.O. to a person sitting next to them.
Equipment		Syllabus, worksheet	Stickers, wall signs	Glue magazines markers	Glue, magazines,