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
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**Time**

**Materials and Preparation**

**Resources and Web Links**

**Teaching Steps**

**Assessment(s) for Lesson**

**Teacher Notes**