**Westside High School Lesson Plan**

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| Teacher Name: | Delia Thibodeaux | Unit Name and #: | Quality of Life |
| Course: | Health Education | Dates: | September 20-24, 2021 |

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| **Monday** | **What are we learning?**  Daily Objective:  **Physical Health**  HE.1B – explain the relationship among body composition, diet and fitness  HE.2A – analyze the relationship between health promotion and disease prevention  HE.6A – examine the effects of health behaviors on body systems such as not getting enough rest, eating a well-balanced meal, and poor posture  **Eating Disorders**  HE.1C – explain the relationship between nutrition, quality of life, and disease  HE.1D – describe the causes, symptoms, and treatment of eating disorders  **Puberty**  HE.6C – analyze the body changes occurring during adolescence TEKS/AP/Standards: See above for TEKS |
| **How will we learn it?**  Learning Activities:  PROJECT PRESENTATION: Styles of Communication (Major Grade)  Students will be presenting their projects on an individual who suffered from depression, drug abuse, alcoholism, stress, OCD, or anxiety. |
| **How will we tell if we’re learning it correctly?**  Assessment Methods: Oral presentation |
| **What do I need to be successful?**  Materials: Laptop |
| **What do I need to do before the next class?** Follow Up/HW: Review PowerPoint for project and be prepared to present. |
| **Tuesday** | **What are we learning?**  Daily Objective:  (see above) |
| **How will we learn it?**  Learning Activities:  PROJECT PRESENTATION: Styles of Communication (Major Grade)  Students will be presenting their projects on an individual who suffered from depression, drug abuse, alcoholism, stress, OCD, or anxiety. |
| **How will we tell if we’re learning it correctly?**  Assessment Methods: Oral presentation |
| **What do I need to be successful?**  Materials: Laptop |
| **What do I need to do before the next class?** Follow Up/HW: Review PowerPoint for project and be prepared to present. |
| **Wednesday/Thursday** | **What are we learning?**  Daily Objective: The importance of identifying and maintaining a good quality lifestyle.  TEKS/AP/Standards: Can be viewed above at the beginning of the lesson plan |
| **How will we learn it?**  Learning Activities: DO NOW Vocabulary: Define key terms: body composition, diet, fitness, disease prevention, adequate rest, eating disorders, mental disorders, adolescence body changes, health, culture, cumulative risks, wellness, Healthy People 2020, abstinence, adolescence body changes  Instructions: PowerPoint Presentation  Whole Group Discussions  Shoulder Partner Discussions  Student led instruction  I do, we do, you do |
| **How will we tell if we’re learning it correctly?**  Assessment Methods: DO NOW – This will be used as an intro to the lesson.  Write six to ten sentences on how your health and wellness, promoting a healthy lifestyle, and your behavior as well as reducing health risks can affect life right now and in the future. Whole group discussion will follow. Informal group discussion to check for understanding. Students will give examples to support their wording/paragraph. |
| **What do I need to be successful?**  Materials: Laptop, notebook for notes. |
| **What do I need to do before the next class?** Follow Up/HW: |
| **Friday** | **What are we learning?**  Daily Objective:  (See Monday’s objective)  TEKS/AP/Standards: |
| **How will we learn it?**  Learning Activities: (See above) |
| **How will we tell if we’re learning it correctly?**  Assessment Methods:  (See above) |
| **What do I need to be successful?**  (See above) |
| **What do I need to do before the next class?** Follow Up/HW: Read PowerPoint on Natural Disasters and be prepared for the upcoming unit. |