

Lesson Plan Template

Name: _____

Lesson Title:

Grade Level:

Length of Lesson:

Lesson _____ of _____

National Health Education Standard: Please list all NHES performance indicators that will be addressed in this lesson of instruction.

Massachusetts Learning Standards: Please list all MA Learning Standards, as found in the Comprehensive Health Curriculum Framework that will be addressed in this lesson of instruction.

Infused Objectives: What do you want the students to know and be able to do by the end of this lesson of instruction?

- 1.
- 2.
- 3.

Rationale: Please explain your rationale for the design of this lesson. Consider the following: why you chose this skill for the lesson, why you chose this nutrition content, how the nutrition content “matches” the skill, and how this lesson addresses the diverse cultural backgrounds of your students.

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Concepts & Learning Activities: What activities, strategies, and information will be utilized during the lesson in order for students to achieve the stated infused objectives? This section may be structured either by time within the lesson or activities happening throughout the lesson. Be sure to include a clear beginning, middle and end to the lesson.

Assessment: How will you know students have achieved the objectives? Please identify assessments used for both skill & concept.

Health Skill:

Health Concepts:

Homework (if appropriate):

Materials & Preparation: What materials and preparation are needed to organize and teach this lesson effectively?

Student Materials: What materials will students need to be active participants in this lesson?

Interdisciplinary Connections: What other subject areas does this lesson support?

Opportunities for Technology Use:

Opportunities for Parent/Family Involvement:

Opportunities for Community Involvement:

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Reflections: Please include a brief description of your experience planning and implementing this skills-based lesson. Please include in the reflection whether your lesson is culturally sensitive and how it addresses student's cultural food habits and health practices.