



Edmore Public School
706 Main St, Edmore, ND 58330

**Health 7-8 Lesson Plans for
September 5 – 9, 2022
11:25 AM – 12:17 PM**

	Monday (Sept 5)	Tuesday (Sept 6)	Wednesday (Sept 7)	Thursday (Sept 8)	Friday (Sept 9)
Performance Standards		<p>1. Understand concepts related to human growth and development, health promotion, disease prevention.</p> <p>6. Demonstrate the ability to use goal setting skills to enhance health and avoid or reduce health risks.</p> <p>8. Demonstrate the ability to advocate for personal, family, and community health.</p>	<p>1. Understand concepts related to human growth and development, health promotion, disease prevention.</p> <p>6. Demonstrate the ability to use goal setting skills to enhance health and avoid or reduce health risks.</p> <p>8. Demonstrate the ability to advocate for personal, family, and community health.</p>	<p>1. Understand concepts related to human growth and development, health promotion, disease prevention.</p> <p>6. Demonstrate the ability to use goal setting skills to enhance health and avoid or reduce health risks.</p> <p>8. Demonstrate the ability to advocate for personal, family, and community health.</p>	<p>1. Understand concepts related to human growth and development, health promotion, disease prevention.</p> <p>6. Demonstrate the ability to use goal setting skills to enhance health and avoid or reduce health risks.</p> <p>8. Demonstrate the ability to advocate for personal, family, and community health.</p>
Topic		Chapter 1: Your Health and Wellness Lesson 3: What affects your health?	Chapter 1: Your Health and Wellness Lesson 4: Health Risks and Your Behavior	Chapter 1: Your Health and Wellness Lesson 2: Skills for building health	Chapter 1: Your Health and Wellness Lesson 3: What affects your health?
Objectives		<ul style="list-style-type: none"> • explain why heredity is a health factor that you cannot control • identify internal and external influences that affect health choices • access reliable information to evaluate an advertised product. 	<ul style="list-style-type: none"> • identify how to make responsible decisions and explain why values are important in decision making 	<ul style="list-style-type: none"> • identify how to make responsible decisions and explain why values are important in decision making 	<ul style="list-style-type: none"> • identify how to make responsible decisions and explain why values are important in decision making
Bellringer		(3 min) heredity	(3 min) environment	(3 min) risk	(3 min)
Procedure/ Instructional Delivery		<ul style="list-style-type: none"> ○ Your Total Health: sharing ○ Direct instruction: healthy habits and wellness 	<ul style="list-style-type: none"> ○ Quickwrite: write a risky behavior and possible negative consequences 	<ul style="list-style-type: none"> ○ Quickwrite: how injury affect mental/emotional and social health 	<ul style="list-style-type: none"> ○ Individual activity: tips for reducing poster

		<ul style="list-style-type: none"> ○ Descriptive writing: write a dialogue (p. 6) ○ Independent Practice: Lesson 1 review (p.9) ○ Close: health triangle 	<ul style="list-style-type: none"> ○ Vocabulary building: risk, risk behavior, consequences, cumulative risk, prevention, abstinence ○ Reinforcement: puzzle 	<ul style="list-style-type: none"> ○ Direct instruction: Risk and risk behaviors ○ Health skills practice: decision making in taking risk ○ Direct instruction: reducing risk and total health ○ Lesson 4 review (p. 27) 	
Assessment		Lesson review, close	puzzle	Lesson review	Poster rubric
Remarks	No School		Early Out		

Prepared by:

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