

COEPD LESSON PLAN TEMPLATE

Teacher Candidate:	Kodie Bowen					Day:	1	Of	5
Content Area:	Health Education	Grade:	8	Lesson Topic:	Positive and negative impacts of technology on health.	Length (timing) of Lesson:	48-50 min		

INSTRUCTIONAL OUTCOMES

WV Standard(s):

WE.8.7 – Discuss the use of technology and its positive and negative impact on health.

Learning Objective(s): Students will be able to:

1. Define the terms technology, health, and wellness.
2. Identify ways technology is used in everyday life.
3. Describe at least two positive and two negative effects of technology on health.
4. If time allows, they will begin analyzing how technology may affect their own health behaviors.

Formative Assessment: Students will complete a T-chart identifying positive and negative effects of technology and participate in a class discussion. Responses will be monitored and probing questions will be offered to assess understanding. This lesson supports the preliminary assessment previously submitted on how students define technology, identify health concepts and recognize positive and negative impacts of technology.

PREPARATION

Materials/Resources: Tech and health t-chart worksheet; classroom supplies (paper, pen/pencil, textbook); computer; power point presentation

INSTRUCTIONAL PROCEDURES

*Highlight **BLUE** for materials/**GREEN** for technology

*Highlight **PINK** for instructional strategies

*Highlight **YELLOW** for discipline-specific academic language/vocabulary

	Time	Procedural Steps	Questions	Differentiated Instruction
Activating Strategy/ Introduction	20 min.	When students enter they will see images of common technologies on the interactive board. First, students will complete a quick-write listing what tech they have used in the last 24 hours. Lesson on objectives is presented along with a think-pair-share activity introducing vocab terms.	What tech did you use in the last 24 hours? How does tech help you in daily life and what does it mean to be healthy?	Provide visual vocabulary cards and allow oral responses instead of written.
Core Instruction	20 min.	Direct instruction defining health, technology, and wellness. During instruction, students will brainstorm ways on how they use tech during school, then at home and record ideas on paper. Ideas will be recorded and a guided class discussion	Can you think of a way tech can improve health? In what ways can too much screen time affect someone physically or mentally?	Sentence starters will be provided for those students who struggle. Challenge advanced learners to explain

		with 100% participation about the possible impacts of tech on health. T-chart will then be completed.		the reasoning behind each effect they identify.
Closure	8 min.	Review key vocabulary and chart responses from the lesson. Guide students in sharing one positive and one negative effect of tech discussed during the class period. Complete exit ticket stating one thing they learned about tech and health. Go over how future lessons will cover the impact tech has on physical, mental and social health. Introduce and prepare students to create a healthy tech use plan.	What is one new fact you learned today? What positive and negative effect of tech stands out to you?	Read exit ticket instructions aloud and allow verbal responses if accommodations are required.
Contingency	As needed	If a student finishes early, they will create a list of additional examples technology can support a healthy lifestyle, can use computer for ideas. If additional instructional time is needed, there will be a class discussion as the t-chart is completed as a whole and not individually.	Can you think of an additional example of how health can benefit from technology? What are some examples of how people use tech differently?	Small group reteach for extra support. Extension opportunities for those students who are advanced.