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**24-25 Lesson Plan Template**  **Week 25: Nutrition/Wellness** **Teacher: Dimas** **Subject: POHS**

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| **Week of:**  **02/17-21/25** | **Monday** | **Tuesday** | **Wed./Thurs.** | **Friday** |
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| **TEKS: 130.222** | **Holiday (Presidents Day)** | **Nutrition: Students will learn about Vitamins and Minerals and how they are important for Health of the Human Body.** | **Wellness: Students will learn about “Wellness” and how it impacts the Health Care Worker.** | **Wellness: Students will create a realistic Physical Activity Plan.** |
| **Learning Objective** | Above. | Above | Above | Above |
| **Higher**  **Order Thinking Questions** | Higher Order Questioning | Higher Order Questioning | * **Higher Order Questioning.** Which of the components of physical wellness requires the most attention in your own life? | Higher Order Questioning |
| **Agenda** | **-Do-Now**  **-Chunk and Chew.**  **-DOL** | * **Do Now-**(Interactive Notebook) * Vitamin and Mineral Video-YouTube * “Who Did It”? Vitamin and Mineral Game” | * **Do-Now** * (Interactive Notebook) * **Chunk and Chew:** * Components of Wellness * Holistic Wellness * Healthy and Unhealthy Habits. * Stress Intensity Survey | -   * **Do-Now** (Interactive Notebook Questions. * Physical Activity Plan. (Students will create a physical activity plan). |
| **Demonstration of Learning** |  | Completion of the Clue Sheet and Game with 80-100% accuracy. | Completion of the Stress Survey and Lessons. | Completion of Physical Activity Plan. |
| **E student Intervention & Extension** | Homework and ICEV activity. | Homework Assigned. | Homework (ICEV) | Homework |