**Lesson Plan**

**Unit Topic: Health**

**Grade: 6**

**Lesson Topic: Puberty/Human Development**

**Lesson Objectives:**

1. Students will be able to better understand their body and changes it will go through during puberty.
2. Students will be able to better understand how to take care of their bodies and apply them to their lives.
3. Students will be able to practice navigating through a website on their own with assistance from the teacher if needed.

**Instructional Techniques:**

* lecture (given in prior class)
* quiz (online)
* discuss

**Instructions Materials:**

* Puberty/Human Development power point (given in prior class)
* Website
* worksheet

**Theoretical Perspective:**

This is important for students because it is not only used as a review but also as another way for students to better comprehend the material given. It is important for students to know this material because they will be going through all this and should know their body and the changes it will go through as well as how to take care of their bodies.

**Procedure:**

1. In the prior class the students had a lecture unit on power point slides that discussed puberty and human development (they all have copies of these slides)
2. The teacher will quickly review the power point slides with the students from the previous day
3. Teacher will hand out the worksheet to the students
4. Students will then each get a computer and pull up the website the teacher instructs them to go to
5. Teacher will emphasize to students that all directions are presented on the website but if there are any questions to feel free to ask
6. Students will be left on their own to navigate through the website and fill in the worksheet as they go
7. When everyone has completed the activity the class will come back together and discuss the questions that are on the back of the worksheet
8. Teacher will collect the worksheets at the end of class

**Evaluation**

* **Students will be able to better understand their body and changes it will go through during puberty.** This will be proved through the worksheet given to students. By filling in what points they earned will be able to show the teacher that the students fully understood the material on puberty and changes their body will go through versus what they don’t understand. (Topics included in this area are Female Reproductive and Male Reproductive.) Points that students don’t understand and seem to have struggled with can be brought up in the following class to clarify any confusion.
* **Students will be able to better understand how to take care of their bodies and apply them to their lives.** This will be proven also by the worksheet handed out to students based on how they did and what points they earned. (Topics included in this area are Hygiene and Miscellaneous.) Any points again that students seemed to struggle with can be brought up in the following class to clarify any confusion.
* **Students will be able to practice navigating through a website on their own with assistance from the teacher if needed.** Based on if the students can navigate through the website and complete the assignment in a reasonable amount of time will prove this area. Students who do ask questions may have missed or be unknown of how the website works showing they struggle with navigating through a website on their own.