

Health Education Instructional Framework

The Health Education Instructional Framework is a platform designed to establish a common method to introduce proven-effective programs to develop and practice health and life skills. The skills learned should be applicable to real-world needs and enable students to make life-long healthy decisions.

The health education framework supports teachers' application of the proven-effective programs by dividing the instructional time into four focused phases:

- ❖ Phase One: **Engage**: The teacher will set the tone of the class by accessing prior knowledge and utilizing thought provoking activities to introduce the expectations of the lesson.
- ❖ Phase Two: **Guided Lesson Content**: The teacher will provide direct instruction in the appropriate grade level standards.
- ❖ Phase Three: **Explore**: The students will be actively engaged in a variety of group and individual activities to expand and enhance their knowledge of health. The students will utilize the skills learned in class and apply them to real life situations.
- ❖ Phase Four: **Reflect and Assess**: The teacher and students will summarize by reflecting on the students' comprehension while assessing the students' ability to apply life-long health skills.

The Richland One Health Education Instructional Framework is a tool that encourages effective planning as the foundation of good instruction.

