

Daily Lesson Plan

Course Name: Health Care		Course Code: TPJ2O
Grade Level: 10	Duration: 3 hours	Lesson No: 1.3
Unit: 1 – Physical Health	Topic: Sleep	

Overall Expectations *(Directly from The Ontario Curriculum)*

A2: Describe factors that affect personal health and well-being;

Specific Expectations *(Directly from The Ontario Curriculum)*

A2.8: explain how lifestyle choices can have an impact on an individual's health and well-being (e.g., sleep habits)

Learning Skills *(Where applicable):*

Independent Work – Students will self-study before and after class.
 Responsibility – Students must post their homework on the forums before class.
 Initiative – Students are encouraged to ask questions during the Q&A session.
 Collaboration – Students will work in groups for the final production activity.
 Self-Regulation – Students will do an exit card before class.

Learning Goals *(What do I want the students to know and/or be able to do?)*

Today you will:

1. Explain how sleep affects health
2. Explain 5 stages of sleep

Success Criteria

*(Based on the application, how will I know students have learned what I intended?)
 (Recording Devices: anecdotal record, checklist, rating scale, rubric)*

By the end of class I can:

1. Create a plan to improve sleep

Materials and Resources

Lesson article: <https://www.weeklywisdomblog.com/post/sleep-101>

Lesson Structure and Activities	
Timing	Lesson
Independent Work Before Class	
60 minutes	<p><u>Lesson Note</u></p> <ul style="list-style-type: none"> • Read the lesson note, take notes, and answer the questions • Post your notes on the homework forums
20 minutes	<p><u>Glossary Quiz</u></p> <ul style="list-style-type: none"> • Study the glossary on Moodle • Then do the glossary quiz on Moodle before class
10 minutes	<p><u>Exit Card</u></p> <ul style="list-style-type: none"> • Do the exit card before class.
During Class	
10 minutes	<p><u>Announcements</u> Slide: Announcements</p> <ul style="list-style-type: none"> • Teacher will go over announcements related to the course.
10 minutes	<p><u>Homework Q&A</u> Slide: Homework Q&A</p> <ul style="list-style-type: none"> • Students will be required to ask some questions about the homework to encourage deeper thinking and to clarify understanding for the class
30 minutes (cumulative 40 minutes)	<p><u>Group Production</u> Slide: Production</p> <ul style="list-style-type: none"> • Students will be put into groups to create a plan for improving sleep for teenage students.
30 minutes	<p><u>Production Presentations</u> Slide: Presentations</p> <ul style="list-style-type: none"> • Students present their sleep plan to the class. • Teacher gives feedback
15 minutes	<p><u>Quiz</u> Slide: Quiz</p> <ul style="list-style-type: none"> • Students will do the lesson quiz on Moodle
5 minutes	<p><u>Homework Assignment</u> Slide: Independent Work for Next Lesson</p> <ul style="list-style-type: none"> • Teacher will assign the independent work for next lesson

Assignments / Homework
<ol style="list-style-type: none">1. Do readings and answer the questions for next lesson2. Post your notes on the homework forums3. Do the glossary quiz4. Do the exit card
Reflections <i>(What do I need to do to become more effective as a teacher in supporting student learning?)</i>

The Erindale Academy Daily Lesson Plan Unit # and Lesson Plan

Assessment Strategies Check all that apply (<i>Teacher may modify the list</i>)		
For Learning	As Learning	Of Learning
<p style="text-align: center;">Student product:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Diagnostic tests <input type="checkbox"/> Practice quiz <input type="checkbox"/> Pop quizzes <input type="checkbox"/> Homework <input type="checkbox"/> Class notes <input type="checkbox"/> Peer feedback <input type="checkbox"/> Practice questions <input type="checkbox"/> Practice tests <p style="text-align: center;">Observation:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Class discussions <input type="checkbox"/> Peer feedback <p style="text-align: center;">Conversation:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Student teacher conferences <input type="checkbox"/> Small group discussions 	<p style="text-align: center;">Student product:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Learning logs <input type="checkbox"/> Self-assessment sheet <input type="checkbox"/> Homework <input type="checkbox"/> Self-analysis sheet <input type="checkbox"/> Peer-analysis sheet <p style="text-align: center;">Observation:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Whole class discussions <input type="checkbox"/> Group discussions <p style="text-align: center;">Conversation:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Student teacher conferences <input type="checkbox"/> Small group discussions <input type="checkbox"/> Pair work 	<p style="text-align: center;">Student product:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Assignments <input type="checkbox"/> Tests <input type="checkbox"/> Exam <input type="checkbox"/> Case studies <input type="checkbox"/> Business report <p style="text-align: center;">Observation:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Student-led discussion/debate <input type="checkbox"/> Presentation <input type="checkbox"/> Performance tasks <p style="text-align: center;">Conversation:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Student teacher conferences <input type="checkbox"/> Question and answer session
Lesson Tools Check all that apply (<i>Teacher may modify the list</i>)		
<p>Direct Instruction</p> <ul style="list-style-type: none"> <input type="checkbox"/> Structured overview <input type="checkbox"/> Lecture <input type="checkbox"/> Compare & contrast <input type="checkbox"/> Socratic method <input type="checkbox"/> Demonstrations 	<p>Indirect Instruction</p> <ul style="list-style-type: none"> <input type="checkbox"/> Problem solving <input type="checkbox"/> Case studies <input type="checkbox"/> Reading for meaning <input type="checkbox"/> Inquiry <input type="checkbox"/> Reflective discussion <input type="checkbox"/> Writing to inform <input type="checkbox"/> Concept formation <input type="checkbox"/> Concept mapping <input type="checkbox"/> Concept attainment 	<p style="text-align: center;">Instructional Skills</p> <ul style="list-style-type: none"> <input type="checkbox"/> Explaining <input type="checkbox"/> Demonstrating <input type="checkbox"/> Questioning
<p style="text-align: center;">Interactive Instruction</p> <ul style="list-style-type: none"> <input type="checkbox"/> PowerPoint <input type="checkbox"/> Video clip <input type="checkbox"/> Debates <input type="checkbox"/> Role playing <input type="checkbox"/> Brainstorming <input type="checkbox"/> Peer partner <input type="checkbox"/> Learning/analysis <input type="checkbox"/> Discussion <input type="checkbox"/> Laboratory groups <input type="checkbox"/> Cooperative learning <input type="checkbox"/> Groups <input type="checkbox"/> Jigsaw <input type="checkbox"/> Problem solving <input type="checkbox"/> Conferencing 	<p style="text-align: center;">Independent Study</p> <ul style="list-style-type: none"> <input type="checkbox"/> Essays <input type="checkbox"/> Computer assisted instruction <input type="checkbox"/> Journals <input type="checkbox"/> Learning logs <input type="checkbox"/> Reports <input type="checkbox"/> Learning activity packages <input type="checkbox"/> Correspondence lessons <input type="checkbox"/> Learning contracts <input type="checkbox"/> Homework <input type="checkbox"/> Research projects <input type="checkbox"/> Assigned questions <input type="checkbox"/> Learning centers 	<p style="text-align: center;">Experiential Learning</p> <ul style="list-style-type: none"> <input type="checkbox"/> Field trips <input type="checkbox"/> Conducting <input type="checkbox"/> Experiments <input type="checkbox"/> Simulations <input type="checkbox"/> Games <input type="checkbox"/> Story telling <input type="checkbox"/> Focused imaging <input type="checkbox"/> Field observations <input type="checkbox"/> Role-playing <input type="checkbox"/> Model building <input type="checkbox"/> Surveys <input type="checkbox"/> Case studies