

# How to Use the *HealthSmart* Lesson Planning Tool

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The CDC's **Health Education Curriculum Analysis Tool (HECAT)** was designed to guide curriculum selection and development. It builds on the characteristics of effective health education curricula and the National Health Education Standards by identifying the knowledge and skill expectations that will support healthy behavior outcomes for students at various grade levels.

The **National Health Education Standards** set performance indicators around the essential knowledge (Standard 1, Comprehending Concepts) and skills (Standards 2 -8) required for adopting and maintaining healthy behaviors.

## To use the Lesson Planning Tool:

1. Select the content areas defined by the HECAT that you wish the health lessons to address.
2. Enter the number of class periods you have available for teaching health.
3. Select any specific skills on which you want to focus. This will ensure that the specific lessons that teach these skills will be included in the Lesson Plan, regardless of which HBOs you select.
4. Select the Healthy Behavior Outcomes you wish to achieve. Lessons that teach key concepts related to the selected HBOs will automatically be included.  
*(Note: Some HBOs are very broad and some are specific. Broad HBOs, such as "Avoid experimentation with alcohol and other drugs," involve more lessons and teaching time than more specific HBOs, such as "Avoid riding in a motor vehicle with a driver who is under the influence of alcohol or other drugs." Choosing broad coverage HBOs will result in a lengthier Lesson Plan.)*
5. Review your customized Lesson Plan. The list of lessons will identify both the HECAT HBOs and the NHES skills addressed by each lesson.
  - If you have additional time for teaching health, you can select additional skills and/or HBOs from the drop-down menus to add lessons.
  - If the generated Lesson Plan contains more lessons than you have time for teaching, try the following strategies:
    - If possible, add more time for teaching.
    - Review the lesson Overviews to determine which you can eliminate. Roll your cursor over the lesson title to read the Overview.
    - Eliminate a content area, if you have selected more than one.
    - Reduce the number of skills or HBOs selected by clicking on the minus sign in front of the ones you want to eliminate.

