Backward Design Lesson Plan Template

| Course Topic Example: How to Cut out Sugar and Feel More Energized: | |
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| Overall Course Learning Outcomes:   * Draft at least 3-5 Main Course learning Outcomes   At the end of the course, you will be able to: x y z   * Test the course learning outcomes and write out the answers and where you envision that to occur * Reminder to use Blooms Taxonomy to guide the appropriate verb choices for your outcomes that matches the competencies * Remember that verbs aren’t used for the sake of having it..be deliberate, intentional and specific   *Happy backwards design lesson planning!* | |
| Lesson/Topic/Module Name: | Competencies: |
| Module Outcomes: At the end of the module, you will be able to:  1.  2.  3.  4.  5. | Instructions: For each outcome, list out the competencies that are expected of the student. What does it look like?  Coping with sugar withdrawal  Identifying healthier sugar alternatives for cravings  hac  **Example Learning Outcome:**  At the end of the module, the student will be able to:   1. Identify three easy ways to cut out sugar from their diet. 2. Create a plan to eliminate sugar from diet over time that minimizes the effects of the withdrawal 3. Experiment with alternative healthy sugar options that can improve overall health   For this above learning outcome, make sure that the ‘three easy ways’ is covered in the lesson and write out the answers for yourself to check that the material is covered in that specific section |