Lesson plan

CODING GIRL
GIRLS JUST WANT TO HAVE FUN CODING

Topic	Health and technology
Block name	How digital tools support a healthy lifestyle

Age category 13–15	**Duration** 135 minutes	**Number of teaching hours** 3

Student-centered educational goals (content and performance standards)

Content standard:

- understands the importance of balance between online and offline activities
- can describe examples of using digital technologies to improve health (e.g. exercise, sleep, diet)
- recognizes the risks of digital overload and can name them

Performance standard:

- can design infographics about a healthy lifestyle using digital applications
- uses graphic elements to visually highlight key ideas
- presents their proposal and explains how technology supports health

Integration of subjects:

- Informatics
- Health education
- Biology
- Civics

21st century skills:

- Digital literacy
- Critical thinking
- Creativity
- Collaboration and communication

Teaching aids and teaching techniques:

- computer/tablet with internet access
- Canva account (school or student version)
- data projector or interactive whiteboard
- flipchart or whiteboard for group work
- inspirational videos about health and technology

References / Resources (videos, methodologies):

- WHO (2021). Digital tools for health promotion in youth education.
- UNESCO (2022). ICT Competency Framework for Teachers.
- Common Sense Media (2023). Digital Balance and Wellbeing.
- Canova, M. (2022). Visual Learning and Health Education. Journal of Educational Media, 15(2).
- What Your Smartwatch Tells You About Your Health
- Technology and human health - ČT edu - Czech Television
- FUTURO — Half-health technology

Motivational phase (10-15 minutes):

Goal: to activate students' previous experiences, arouse interest, and connect the topic of health with everyday technologies.

Procedure:

Opening questions (3 min):

The teacher writes the word "Health" on the board and invites students to spontaneously add the terms they associate with it. For example: sleep, food, water, stress, exercise, applications, watches, phones, rest. A short discussion follows:

"How does technology affect your health?"

"Do they help or do they harm?"

Video motivation (4 min):

The teacher plays a short video that shows how technology can support health – for example, smartwatches, exercise apps, or digital detox. The video is followed by a reflection:

"Which technology interested you the most?"

"Can you imagine how an app like this would help you?"

Short activity (5 min):

Students receive a piece of paper (or an online form) and write:

- one technology that helps them be healthier
- one that is harmful to them (e.g. excessive use of social media). The results are posted on a bulletin board or online whiteboard (e.g. Padlet / Canva Whiteboard). The teacher summarizes: "Technology is a tool – it's up to us how we use it."

__Exposure phase (35-40 minutes):__

Objective: Students will understand how technology can support a healthy lifestyle and will try visual data processing in Canva.

Procedure:

1. Mini presentation (5 min): The teacher will explain the concept: "Healthy lifestyle in the digital world" – benefits (step tracking, drinking reminders, meditation) – risks (digital fatigue, bad posture, addiction to notifications). Will show a sample infographic from Canva: Healthy Habits Infographic Template
2. Group work (25–30 min): Students are divided into 4 groups, each with a different focus:
   a. Movement and fitness technology (pedometers, exercise apps)
   b. Healthy nutrition and hydration (application for monitoring diet and drinking regimen)
   c. Sleep and recovery (sleep tracking app, relaxing music)

    d. Mental health and digital balance (digital detox, mindfulness apps)

3. Task:
   - Choose an infographic template in Canva (e.g. "Wellbeing Poster" or "Daily Routine Chart").
   - Each group will create a visual design for "My Healthy Day with Technology."
   - The work is done in Canva — students combine texts, icons, colors, and graphic elements.

1. Teacher's role:
   - helps with choosing appropriate templates and text layout,
   - provides tips on visual hierarchy (e.g. the most important message should be the largest),
   - encourages the use of authentic data (e.g. how many steps they take per day).

1. Mini-reflection (5 min): Each group briefly presents the concept of their infographic. The teacher asks:
   - "What did you enjoy about working with Canva?"
   - "How did you decide on the colors and symbols?"
   - "Was it difficult to express the data visually?

Fixation phase (25-30 minutes):

Objective: to consolidate knowledge, strengthen visual literacy and the ability to apply knowledge to real life.

Procedure:

1. Presentation and peer feedback (15 min):
   - Each group presents their infographic (2–3 minutes).
   - Others evaluate using reflection sheets (e.g. "What I liked" / "What I would improve").
   - Evaluation is also done orally - emphasis on positive feedback and motivation.

1. Discussion (7 min): Together they look for the answer to the question:
   - "How can technology promote health without endangering it?"
   - "How would you design an ideal healthy day with technology?"

1. Self-assessment (3–5 min): Students complete a short online questionnaire (e.g. Google Form / Canva Form Template):
   - What did I learn today?
   - What would I like to try next?
   - How can I use technology in a healthier way?

1. Conclusion: The teacher summarizes the key ideas and praises the groups' creativity. Together, they agree to print and display the best infographics in the school or publish them on the class website.

Student evaluation:

Teacher's rating:

- Short commentary on the infographic + verbal feedback during the presentation.

Peer evaluation:

- Each team receives 1-2 reflection cards from another team ("What we liked", "What we would improve").

Student self-assessment:

- Short questionnaire (paper / Google Form):
- What did I learn about health and technology today?
- What tools do I use or want to start using?
- What did I do best while working at Canva?

Attachments: