

## 5 E Lesson Plan

### Topic/Lesson: ENDOCRINE SYSTEM AND HOMEOSTASIS

#### I. Objectives:

At the end of the period, 85% of the students can:

- Define operationally endocrine system and homeostasis
- Enumerate and discuss the types of glands
- Explain the importance and the types of hormones present on different glands
- Perform the activity on plant hormones in relation to endocrine system in human body
- Relate and appreciate the hormonal activities and its importance in life

#### II. Materials

Video presentation, worksheet

PROCEDURE	TEACHERS' ACTIVITY	STUDENTS' ACTIVITY
<b>ENGAGE</b> Strategies: Inquiry, Cold-call	- The teacher will capture the students' interest by asking what is endocrine system? - what is hormone? - give atleast one main component of endocrine system and its location. - provide video presentation on endocrine system disorder.	- Students think about the question and will provide the answer of one main component of endocrine system and its location in the human body.  - Students will participate and focus on the video presentation.
<b>EXPLORE</b> Strategies: Inquiry, discovery, Cooperative, Cold-call	- The students will be group and will arrange and label the different glands.  - the students will be ask to enumerate or give a list of hormones found on different glands (if any)	- Students will fill in any of the glands based on picture and will present their answers on board.  - Students will provide an answer of different hormones found on different glands.
<b>EXPLAIN</b> Strategies: Cooperative, discovery	Introduce the topic: - different functions of specific glands and its secreted hormones.	- Students participate in class discussion.
<b>EVALUATE</b> Strategies: Cooperative	Class discussion. - difference between exocrine and endocrine glands - With what other systems does the	- Students participate in class discussion.

# **Sample Lesson Plan For The Endocrine System**

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## **Table of Contents Sample Lesson Plan For The Endocrine System**

1. Understanding the eBook Sample Lesson Plan For The Endocrine System
  - The Rise of Digital Reading Sample Lesson Plan For The Endocrine System
  - Advantages of eBooks Over Traditional Books
2. Identifying Sample Lesson Plan For The Endocrine System
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Sample Lesson Plan For The Endocrine System
  - User-Friendly Interface
4. Exploring eBook Recommendations from Sample Lesson Plan For The Endocrine System
  - Personalized Recommendations
  - Sample Lesson Plan For The Endocrine System User Reviews and Ratings
  - Sample Lesson Plan For The Endocrine System and Bestseller Lists
5. Accessing Sample Lesson Plan For The Endocrine System Free and Paid eBooks

- Sample Lesson Plan For The Endocrine System Public Domain eBooks
- Sample Lesson Plan For The Endocrine System eBook Subscription Services
- Sample Lesson Plan For The Endocrine System Budget-Friendly Options
- 6. Navigating Sample Lesson Plan For The Endocrine System eBook Formats
  - ePub, PDF, MOBI, and More
  - Sample Lesson Plan For The Endocrine System Compatibility with Devices
  - Sample Lesson Plan For The Endocrine System Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Sample Lesson Plan For The Endocrine System
  - Highlighting and Note-Taking Sample Lesson Plan For The Endocrine System
  - Interactive Elements Sample Lesson Plan For The Endocrine System
- 8. Staying Engaged with Sample Lesson Plan For The Endocrine System
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Sample Lesson Plan For The Endocrine System
- 9. Balancing eBooks and Physical Books Sample Lesson Plan For The Endocrine System
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Sample Lesson Plan For The Endocrine System
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Sample Lesson Plan For The Endocrine System
  - Setting Reading Goals Sample Lesson Plan For The Endocrine System
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Sample Lesson Plan For The Endocrine System
  - Fact-Checking eBook Content of Sample Lesson Plan For The Endocrine System
  - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

#### 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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