Unit 3: Mental and Emotional Health

Content Area: **Physical Education and Health**
Course(s): **Health Education Grade 12**
Time Period: **School Year**
Length: **5 blocks**
Status: **Published**

Transfer

Healthy Mind/Healthy Body

Enduring Understandings

All individuals have basic needs, presented by Abraham Maslow as a hierarchy. Each individual has a unique personality influenced by both heredity and environment.

Developmental assets help young people grow up as healthy responsible individuals. Teens can strengthen these assets and build healthy identities.

Emotions affect all three aspects of the health triangle.

Developing the relation of physical and mental health to enhance understanding, attitudes, and behaviors that promote health, well-being, and human dignity.

Essential Questions

What are some characteristics of good mental and emotional health?

What is the relationship between mental health and disease prevention?

How can self-esteem and a positive outlook benefit your mental and emotional health?

What are some emotions that can influence your overall health?

How does our physical and mental health affect each other?

What role does substance abuse play in our mental health?

Content

Mental/emotional health, Hierarchy of needs, Self-actualization, Personality, Modeling, Personal identity,

Developmental assets, constructive criticism, Emotions,

Hormone, Empathy, Hostility, Defense mechanisms

Suppression, attitude, well-being

Skills

Identify the characteristics of good mental and emotional health.

Develop ways to meet your needs in healthful ways.

Compare the relationship between mental health promotion and disease prevention.

Define developmental assets.

Correlate how self-esteem and a positive outlook benefit your mental and emotional health

Identify the emotions that influence your overall health.

Demonstrate strategies for communicating emotions and needs in healthful ways.

Understand how our mental and physical health are related.

Recognize positive and negative effects on mental health.

Determine ways to enhance our mental health through physical health.

Resources

Glenco Health, Wall Twp Police Dept. Not Even Once Drug Education Program, Google Slides, Google Docs

Assessments

Chapter 7 Test
Summative: Transfer Tasks: Test: Written
Lesson Quizzes
Formative: Other Evidence: Other: Quiz
Teacher Observation
Other: Teacher Observation
Peer Teaching
Formative: Other Evidence: Other: Peer Assessment
Group Presentation

Formative: Other Evidence: Performance: Dramatization

Standards

HE.9-12.2.1.12	All students will acquire health promotion concepts and skills to support a healthy, active lifestyle.
HE.9-12.2.1.12.E	Social and Emotional Health
HE.9-12.2.1.12.E.2	Analyze how new technologies may positively or negatively impact the incidence of conflict or crisis.
HPE.2.1.12	All students will acquire health promotion concepts and skills to support a healthy, active lifestyle.
HPE.2.1.12.E	Social and Emotional Health
HPE.2.1.12.E.1	Predict the short- and long-term consequences of unresolved conflicts.
HPE.2.1.12.E.3	Examine how a family might cope with crisis or change and suggest ways to restore family balance and function.
HPE.2.1.12.E.4	Develop a personal stress management plan to improve/maintain wellness.
HPE.2.2.12	All students will develop and use personal and interpersonal skills to support a healthy, active lifestyle.
HPE.2.2.12.B	Decision-Making and Goal Setting
HPE.2.2.12.B.1	Predict the short- and long-term consequences of good and poor decision-making on oneself, friends, family, and others.
HPE.2.2.12.B.2	Evaluate the impact of individual and family needs on the development of a personal wellness plan and address identified barriers.
SCI.9-12.DL.1.6.2	Describe the development of reasoning and morality
SCI.9-12.DL.1.6.4	Discuss the role of family and peers in adolescent development
SCI.9-12.DL.1.7.1	Identify major physical changes associated with adulthood and aging
SCI.9-12.DL.1.7.3	Discuss social, cultural, and emotional issues in aging
SCI.9-12.IV.4.2.3	Describe symptoms and causes of major categories of psychological disorders (including schizophrenic, mood, anxiety, and personality disorders)
SCI.9-12.SC.1.3.1	Discuss the nature and effects of stereotyping, prejudice, and discrimination
SCI.9-12.SC.1.3.3	Discuss influences upon aggression and conflict
SCI.9-12.SC.1.3.4	Discuss factors influencing attraction and relationships
SCI.9-12.APS.1.2.3	Describe appropriate treatments for different age groups
SCI.9-12.APS.2.1.2	Identify and explain potential sources of stress
SCI.9-12.APS.2.2.1	Identify ways to promote mental health and physical fitness
SCI.9-12.APS.2.2.3	Distinguish between effective and ineffective means of dealing with stressors and other health issues