Interpersonal Communication

Content Area: **Health & Phys Ed**
Course(s): **HEALTH 1, HEALTH 3**
Time Period: **Semester 2**
Length: **2 weeks**
Status: **Published**

Standards

2.1.12.EH.1	Recognize one's personal traits, strengths, and limitations and identify how to develop skills to support a healthy lifestyle.
2.1.12.EH.2	Analyze factors that influence the emotional and social impact of mental health illness on the family.

Enduring Understandings

1. Empowering students to understand effective communication skills are an important component in everyday interaction with others. ***HE.9-12.2.1.12.EH*** *- Emotional Health: - [Core Idea] - Self-confidence, personal traits, stress, limitations, and strengths impact the mental and emotional development of an individual.*

2. Modeling healthy decisions can reduce stress, illness and maintain a good wellness level. ***HE.9-12.2.1.12.EH*** *- Emotional Health: - [Core Idea] - Healthy individuals establish and maintain healthy relationships by utilizing positive communication and social skills to interact effectively with others.*

3. Assisting students in the realization that there are many pressures of society can influence personal wellness. ***E.9-12.2.1.12.PGD*** *- Personal Growth and Development: - [Core Idea] - The decisions one makes can influence an individual's growth and development in all dimensions of wellness.*

Essential Questions

1. What influences wellness?

2. What barriers exist that could impede a personal wellness plan?

3. How can society, family values or individual morals contribute to a personal wellness plan?

4. How does poor decision making impact the health of an individual, family, or friends?

Knowledge and Skills

The performance expectations are:

- Learn respectful, open minded communication to interact with peers. ***HE.9-12.2.1.12.EH***
- Strengthen interpersonal communication with family members as they learn about their health history. ***HE.9-12.2.1.12.EH.2***
- Gain knowledge in how technology can help monitor overall wellness. ***HE.9-12.2.1.12.EH.4***
- Understand how personal habits that impact their lifestyle. ***HE.9-12.2.1.12.PGD***

Transfer Goals

1. Students will be able to independently increase knowledge on how to improve wellness throughout their lifetime.

2. Students will be able to independently identify and utilize resources to help manage overall wellness.

3. Students will be able to independently develop and teach ideas to help improve one's lifestyle.

Resources

Guest Speakers; disease, nutrition, wellness.

Center for Supportive Schools

Safe and Sound Somerset

Assessments

https://docs.google.com/document/d/1z90hu2-lCXoUTewriJPJTl5846tUuXMFSuMHD8is0yI/edit

Modifications for Diverse Learners

https://docs.google.com/document/d/1cUIE1QRfV7jJNjgU2NdcW1x91UAyDENe/edit