

Unit 2- Dimensions of Wellness

Content Area: **Unified Arts**
Course(s): **Health 6**
Time Period: **September**
Length: **22 Days**
Status: **Published**

Unit Summary

Dimensions of wellness include topics such as: physical, social, emotional, environment, spiritual, intellectual, and occupational. Dimensions are broken down into examples of each dimension, how does your life relate to each dimension, and how can you improve each dimension. We relate life to a car and it's wheel, if you have an unbalanced wheel/flat tire how does it impact the rest of your life/dimensions.

Standards

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| HPE.2.1.6.A.1 | Explain how health data can be used to assess and improve each dimension of personal wellness. |
| HPE.2.1.6.A.2 | Relate how personal lifestyle habits, environment, and heredity influence growth and development in each life stage. |
| HPE.2.1.6.A.3 | Determine factors that influence the purchase of healthcare products and use of personal hygiene practices. |
| HPE.2.2.6.B.2 | Predict how the outcome(s) of a health-related decision may differ if an alternative decision is made by self or others. |
| HPE.2.2.6.B.3 | Determine how conflicting interests may influence one's decisions. |
| CAEP.9.2.8.B.2 | Develop a Personalized Student Learning Plan with the assistance of an adult mentor that includes information about career areas of interest, goals and an educational plan. |
| CAEP.9.2.8.B.3 | Evaluate communication, collaboration, and leadership skills that can be developed through school, home, work, and extracurricular activities for use in a career. |
| TECH.8.1.8.A.1 | Demonstrate knowledge of a real world problem using digital tools. |
| TECH.8.1.8.A.CS1 | Understand and use technology systems. |
| TECH.8.1.8.A.CS2 | Select and use applications effectively and productively. |
| TECH.8.1.8.D.CS1 | Advocate and practice safe, legal, and responsible use of information and technology. |
| TECH.8.1.8.D.CS2 | Demonstrate personal responsibility for lifelong learning. |

Student Learning Objectives

- Students will learn that a person's health responsibilities.
- Students will learn to recognize certain priorities to make personal choices.
- Students will learn the seven dimensions of wellness.
- Students will learn that health and wellness is not only about eating healthy and being physically active, but having overall wellness.
- Students will learn ways they can improve each dimension of wellness in their lives.

Essential Questions

- How do the decisions we make affect our wellness?
- How does your personal habit, environment, and heredity influence your personal well being?
- How are the seven dimensions of wellness related?
- Why do we want a balance between each dimension?
- What are the consequences (especially unforeseen) of our choices in terms of wellness?

Enduring Understandings

- Students will understand that having a balanced wheel, dimensions of wellness, is a lifelong process.
- Students will understand that there has to be ongoing evaluation to develop and maintain a balance wheel.
- Students will understand that everyday choices, lifestyle, and behaviors are going to impact your wellness.

Application

- Students will be able to independently use their learning to take responsibility for their own actions and health choices to develop and maintain a healthy lifestyle.

Skills

Students will be skilled at:

- Differentiating between Physical, Emotional, Environmental, Social, Spiritual, Occupational, and Intellectual Wellness.
- Explaining the importance of making healthy decisions.
- Exploring ways to improve each dimension.