

# Unit 2: Areas of Health

Content Area: **Unified Arts**  
Course(s): **Health 3**  
Time Period: **October**  
Length: **10 classes**  
Status: **Published**

## Unit Summary

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The goal of this unit is to introduce the students to three different areas of health. Students are aware of their physical health, but not that social health and mental/emotional health also play a huge part in one's wellness. These three areas affect each other so it is important to learn how to find a balance between all of them. These three areas of health are explored in greater depth when the students learn about the seven dimensions of wellness in higher grades.

## Standards

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HPE.2.1.4.A.1	Explain the physical, social, emotional, and mental dimensions of personal wellness and how they interact.
HPE.2.1.4.A.2	Determine the relationship of personal health practices and behaviors on an individual's body systems.
HPE.2.1.4.B.3	Create a healthy meal based on nutritional content, value, calories, and cost.
HPE.2.1.4.C.1	Explain how most diseases and health conditions are preventable.
CAEP.9.2.4.A.1	Identify reasons why people work, different types of work, and how work can help a person achieve personal and professional goals.
CAEP.9.2.4.A.4	Explain why knowledge and skills acquired in the elementary grades lay the foundation for future academic and career success.

## Student Learning Objectives

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Students will learn to:

- recall prior knowledge about the three areas of health.
- differentiate between physical, mental, and social health.
- explain how each area of health is connected.
- apply personal aspects to each area of health through a health triangle.

## Essential Questions

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What is health/wellness? (includes: physical, mental, social)

How can I keep a balanced health triangle?

How does my character and health decisions affect my health/wellness?

## Enduring Understandings

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Students will understand that being healthy incorporates more than eating well and being active. To have good overall health, an individual must have a balance with their physical health, mental health, and social health. They will understand that making positive decisions and developing good character will help balance their overall health and wellness.

## Application

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Students will be able to independently use their learning to:

- analyze their own health in each area so they can determine which areas of health they are strong in and which they need to improve.
- use this knowledge throughout their lives as character and health decisions change over time.

## Skills

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Students will be skilled at:

- identifying the three areas of health.
- differentiating between physical, mental, and social health.
- explaining how each area of health is connected.
- explaining the importance of making healthy decisions.
- applying the three areas of health to their own lives.

## Resources

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Responsive Classroom Curriculum/Strategies  
Student Pretest to Guide Lessons  
Whiteboard  
Health Triangle Statements for Student Journals  
Health Brainstorming Worksheet  
Areas of Health Card Activity/Worksheet  
Areas of Health Posters  
Health Triangle Classification Pictures/Worksheet  
3D Health Triangle Worksheet - Scissors - Glue - Colored Pencils  
Extension Activities