

# Unit 5: Dimensions of Wellness

Content Area: **Unified Arts**  
Course(s): **Health 4**  
Time Period: **October**  
Length: **3 Double Blocks**  
Status: **Published**

## Unit Summary

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The goal of this unit is to review the three different areas of health that were taught in third grade and expand them into the six dimensions of wellness to prepare for 5th grade. It is important for students to learn the six dimensions of wellness to achieve overall wellness throughout their lives.

## 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.C.3	Explain how mental health impacts one's wellness.
HPE.2.2.4.B.3	Determine how family, peers, technology, culture, and the media influence thoughts, feelings, health decisions, and behaviors.
HPE.2.2.4.C.1	Determine how an individual's character develops over time and impacts personal health.

## Student Learning Objectives

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Students will learn to:

- recall prior knowledge about the three areas of health.
- identify the six dimensions of wellness with examples.
- explain how each dimension can be connected.

## Essential Questions

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What is wellness?

How can I keep a balanced wellness wheel?

How does my character and health decisions affect my 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 wellness, an individual must have a balance within the six dimensions of wellness.
- making positive decisions and developing good character will help balance their overall wellness.

## **Application**

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Students will be able to independently use their learning to:

- analyze their own wellness to determine which dimensions of wellness 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 six dimensions of wellness (physical, emotional, social, intellectual, occupational, environmental)
- differentiating between the dimensions of wellness.
- explaining how they can be connected.
- applying the six dimensions of wellness to their own lives.