

# 01 Health and Wellness

Content Area: **Health and Physical Education**  
Course(s):  
Time Period: **Marking Period 3**  
Length: **1 week**  
Status: **Published**

## Brief Summary of Unit

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This unit addresses the knowledge necessary to develop and maintain lifelong health and wellness. The students will know the areas of health that must be developed to obtain a state of wellness, as well as strategies to improve upon any deficiencies in their current state of overall health. Emphasis will be placed on the importance of the decision making process in order to promote lifelong health and wellness.

Revised June 2022

## Standards

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|----------------------|--|
| HE.9-12.2.1.12.EH.1  | Recognize one's personal traits, strengths, and limitations and identify how to develop skills to support a healthy lifestyle.   |
| HE.9-12.2.1.12.EH.2  | Analyze factors that influence the emotional and social impact of mental health illness on the family.   |
| HE.9-12.2.1.12.PGD.1 | Develop a health care plan that includes practices and strategies designed to support an active lifestyle, attend to mental health, and foster a healthy, social and emotional life. |
| HE.9-12.2.1.12.PGD.2 | Predict how healthy and unhealthy behaviors can affect brain development and impact physical, social and emotional stages of early adulthood.  |

## Essential Questions

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What are the three components of the Health Triangle that help to obtain wellness?

What practical tools are needed to make informed and reasonable choices for a healthy lifestyle?

## Students Will Know/Students Will be Skilled At

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a balance of physical, mental, emotional, and social health is needed to have achieved .

wellness

health and wellness is a lifelong process that begins during adolescence and must be maintained throughout life

if one dimension of health suffers, the others will also suffer in some way

## **Learning Plan**

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Preview the essential questions and connect to learning throughout the unit.

Introduce the health triangle and explain how all three parts are interrelated and contribute to wellness.

Have students research current events on physical, mental, emotional, or social health

Have students take a personal health survey and create an action plan for improving their overall health and wellness

Practice Quiz and review

Unit test

## **Evidence/Performance Tasks**

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Completed guided notes packets

Personal health action plan

Current events in health group work

Practice quiz

Unit tests

## **Materials**

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Laptops

Projector

Construction paper

Markers

Course videos

## **Suggested Strategies for Modifications**

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one-to-one instruction and assistance

cooperative learning groups

study partners

additional time on task

assessment based on individual development in the area of study

images and visual aids

handouts of notes, procedures, processes, diagrams, etc.

preferential seating

reading material modified to student level

testing materials appropriate to student level

Google Slides Presentations

Lectures

Group work

Presentation/ Skits

Class Discussions

Videos

Research through technology

Extended time on quizzes

