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

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

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.
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.
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.

Essential Questions

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

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

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

Completed guided notes packets

Personal health action plan

Current events in health group work

Practice quiz

Unit tests

Materials

Laptops

Projector

Construction paper

Markers

Course videos

Suggested Strategies for Modifications

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