02 Decision Making

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

Brief Summary of Unit

This unit will focus on educating students about the importance of decision making and its effects on all areas of health. Emphasis will be placed on the steps of the decision making process and its role in promoting lifelong health and wellness.

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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.
2.1.12.EH.3	Describe strategies to appropriately respond to stressors in a variety of situations (e.g., academics, relationships, shootings, death, car accidents, illness).
2.1.12.EH.4	Analyze and adapt mental and emotional health messages and communication techniques to peers and other specific target audience (e.g., dimensions of health).
2.3.12.PS.1	Apply a thoughtful decision-making process to evaluate situations and influences that could lead to healthy or unhealthy consequences (e.g., peers, media).

Essential Questions

What are the crucial steps in the decision making process to help us make reasonable choices for a healthy lifestyle?

What impact does a reward and consequence have on our overall health?

Students Will Know/Students Will be Skilled At

the essential steps for making positive decisions

decisions can result in rewards or consequences that can affect someone throughout a lifetime

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heir values and morals greatly affect the decisions they make in life.

the responsibilities associated with positive/negative decision making.

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.

Explain the decision making model

Have students practice the decision making process through a variety of age- appropriate scenarios

Identify how choices we make every day can impact the dimensions of health and can lead to either negative consequences or positive rewards

Complete a decision making scenarios worksheet

Practice Quiz and review

Unit test

Evidence/Performance Tasks

Completed guided notes packets

Decision making scenarios worksheets

Practice quiz

Unit test

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