04 Communication

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

Brief Summary of Unit

This unit encourages the development of strong communication techniques and how communication impacts their relationships. Emphasis will be placed on the importance of open communication in all relationships, and will focus on methods of effective communication.

Revised June 2022

Standards

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.4	Analyze and adapt mental and emotional health messages and communication techniques to peers and other specific target audience (e.g., dimensions of health).

Essential Questions

Why is communication essential for all types of healthy relationships?

Why is it important to develop proper communication skills at an early age in order to develop some effective communication techniques?

Students Will Know/Students Will be Skilled At

there are a variety of effective techniques to utilize when communicating to others

communication is best done through verbal and non-verbal cues and actions

Effective communication techniques

Different styles of communication include passive, aggressive, and assertive

being able to communicate in an effective manner is a skill that's crucial to healthy relationship development

Learning Plan

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

Review components of effective communication

I/ You/ Mixed Messages group activity

Communication project on elements of being an effective communicator

Practice Quiz and review

Unit test

Evidence/Performance Tasks

Completed guided notes packets

Messages group activity worksheets

Communication project presentation

Relationships research activity

Practice quiz

Unit test

Materials

Laptops

Projector

Construction paper

Markers

Course videos

Suggested Strategies for Modification

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