01 Dimensions of Health/World Health Organization

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

Brief Summary of Unit

This unit will present the knowledge needed to be healthy in all six dimensions through a holistic approach and the standards and goals of the World Health Organization.

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.PP.3	Identify trusted adults, including family members, caregivers, school staff, and health care professionals to ask questions and discuss pregnancy and other health topics.
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

What are the 6 dimensions of health?

What is involved in the holistic approach to maintaining all 6 dimensions?

What is the purpose of the World Health Organization (WHO)?

Why don't all Americans have the same type of health care?

What is the importance of preventative care?

Students Will Know/Students Will be Skilled At

the importance of leading a healthy, balanced lifestyle.

evaluating personal health status based on the wellness continuum

choosing healthy behaviors over risky behaviors

Learning Plan

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

Introduce the 6 Dimensions and its relationship to the Wellness Continuum

Identify risk factors that can affect your own personal Wellness Continuum

Discuss ways to improve your status on the Wellness Continuum

Awareness of the changing goals of the World Health Organization

Evidence/Performance Tasks

complete an assignment evaluating what areas of the dimensions are most/least important in their lives at this time.

complete a homework assignment that outlines the factors that affect your health status and where they fall on the Wellness Continuum

answer the essential questions

written test

Materials

Power Point

Construction Paper

Wellness Continuum

White board

Videos

Student presentations

Laptops

Note packets

Suggested Strategies for Modification

one-to-one instruction and assistance
cooperative learning groups
study partners
additional time on task
alternative outcome options
assessment based on individual development in the area of study
images and visual aids
handouts of notes, procedures, processes, diagrams, etc.
preferential seating
audio tape of instruction

reading material modified to student level

testing materials appropriate to student level