Unit 02: Life Skills

Content Area: **Health and Physical Education**
Course(s):
Time Period: **Trimester 1**
Length: **ongoing**
Status: **Published**

Brief Summary of Unit

The ability to understand and incorporate wellness practices into one's daily living is vital to the well-being of our students and directly correlates to their optimal overall health. Effective health practices provide students with the potential for success when choosing a career and allow for the pursuit of any career interest. When taking this course, students develop their understanding of the interrelationship between wellness, overall well-being and success.

This unit will lead students to explore effective communication skills, strategies for decision making and goal setting, as well as the proper steps to take in maintaining a positive, healthy lifestyle.

Revised: July 2023

Standards

2.1.2.PGD	Personal Growth and Development
2.1.2.SSH	Social and Sexual Health
2.1.2.CHSS	Community Health Services and Support
2.2.2.N	Nutrition
2.3.2.HCDM	Health Conditions, Diseases and Medicines

Essential Questions

- What are the basic needs of human beings?
- How can you prevent and resolve conflict with others?
- Why is it important to set goals?
- How can you appropriately express different needs, wants, and emotions?
- What are some effective communication and listening skills?
- What are the steps in the decision making process?
- What are the benefits of setting and achieving goals?

Essential Understandings

- It is important to express individual needs, wants, and emotions to others
- Speaking and listening are both essential aspects of communication
- Good decision making requires a thorough thought process
- Goal setting is an important step towards achieving success in life

Students Will Know

- How to appropriately express needs, wants, and emotions
- How to effectively communicate with others
- The steps of the decision making process
- The benefits of communication, listening, goal setting and decision making
- Key terms: Needs, wants, prevent, resolve, conflict, goals, communication, listening, decision

Students Will Be Skilled At

- How to appropriately express needs, wants, and emotions
- How to effectively communicate with others
- The steps of the decision making process
- The benefits of communication, listening, goal setting and decision making
- Key terms: Needs, wants, prevent, resolve, conflict, goals, communication, listening, decision

Evidence/Performance Tasks

When taking a Physical Education or Health course, students demonstrate differentiated abilities to answer the essential questions and meet course objectives through formative and summative assessments. Evidence of progression in answering the essential questions and meeting course objectives demonstrates the development of proficiency over time. The performance tasks below are implemented as benchmark assessments and, based on individual student readiness and performance, can be implemented as formative and/or summative assessments. Student proficiency allows for additional or alternative assessment based on demonstration or

absence of skill.

- List the steps in the decision making process
- Role play various scenarios involving the need for effective communication
- Practice recognizing and responding to different emotions
- Demonstrate strong listening and communication skills
- Create a specific goal for healthy living and list the steps involved in the goal setting process
- Answer the essential questions

Learning Plan

- Introduction to basic life skills
- Discussion of basic human needs, wants, and emotions
- Identify various ways to express emotions
- List various ways to communicate with others
- Analyze the steps to the decision making process
- Set goals for personal health and wellness
- Review the steps necessary to achieve success
- Discuss the advantages of being a positive, successful person

Materials

Suggested Strategies for Modifications

https://docs.google.com/spreadsheets/d/1Dt1d40AYxClqqaEUJ0RRPHlx5Ace8TWBXtEQu8hpw3Q/edit#gid=1426178898