Unit 04: Character Development

Content Area: **Health and Physical Education**
Course(s):
Time Period: **Trimester 2**
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 of study will help students develop leadership skills, learn ways to be active in the community for both advocacy and service, and study different positions and responsibilities of the health services industry.

Revised: July 2023

Standards

2.1.2.EH	Emotional Health
2.1.2.SSH	Social and Sexual Health

Essential Questions

- How can you promote a healthy lifestyle in your community?
- What are some ways to be a leader in school, home, and community?
- What does it mean to be responsible, respectful, trustworthy, and honest?
- What does it mean to be an upstanding citizen?
- How can community members become involved in the health services industry?
- Why should you advocate for a healthy lifestyle?

Essential Understandings

- There is an appropriate time to be both a leader and a follower
- It is important to live and promote a healthy lifestyle
- Being a person of character leads to a successful life

- Being responsible and respectful helps build self confidence
- Careers exist in health service industry

Students Will Know

- The difference between a leader and a follower
- How to be a responsible, respectful, trustworthy, and honest member of the community
- The characteristics of an upstanding citizen
- The career opportunities that exist in the health services industry
- The importance of promoting a healthy lifestyle
- Vocabulary: Leader, follower, lifestyle, responsibility, respect, trustworthy, honesty, upstanding, character, success, confidence.

Students Will Be Skilled At

- The difference between a leader and a follower
- How to be a responsible, respectful, trustworthy, and honest member of the community
- The characteristics of an upstanding citizen
- The career opportunities that exist in the health services industry
- The importance of promoting a healthy lifestyle
- Vocabulary: Leader, follower, lifestyle, responsibility, respect, trustworthy, honesty, upstanding, character, success, confidence.

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.

- Write a list of qualities that an upstanding citizen would possess
- Write a letter of persuasion to convince a friend or loved one to do something healthy
- Create school-wide character pillars
- Explore and report on different health service careers
- Answer the essential questions

Learning Plan

- Introduction to character development
- Discuss character traits of a upstanding citizen
- Review the difference between a leader and a follower
- List and discuss the careers in the health service industry

Materials

Associated web content and media sources are infused into the unit as applicable and available

In addition the materials below, the link connects to district approved textbooks and resources utilized in this course

CORE BOOK LIST

The materials used in this course allow for integration of a variety of instructional, supplemental, and intervention materials that support student learners at all levels in the school and home environments

• Computers • Projector • Construction paper • Markers • Course videos • handouts	•

Suggested Strategies for Modifications

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