Unit 02: Integrated 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 build upon the students' knowledge of effective communication skills, decision making, goal setting, character development, and leadership qualities to maintain and improve healthy social and emotional interaction with others. Students will apply these concepts towards promoting a healthy life.

Revised: July 2020

Standards

By the end of 5th grade:

2,1 Personal and Mental Health

Emotional Health

- Self-management skills impact an individual's ability to recognize, cope, and express emotions about difficult events.
- Resiliency and coping practices influence an individual's ability to respond positively to everyday challenges and difficult situations.
    - 2.1.5.EH.1: Discuss the impact of one's feelings and thoughts that lead to healthy and unhealthy
    - behaviors.
    - 2.1.5.EH.2: Explain how to cope with rejection, loss, difficult learning situations and/or separation from family or others.
    - 2.1.5.EH.3: Identify different feelings and emotions that people may experience and how they might express these emotions (e.g., anger, fear, happiness, sadness, hopelessness, anxiety).
    - 2.1.5.EH.4: Identify behaviors that help to deal with difficult situations that can occur at home, in school, and/or in the community and where to go for assistance.

Community Health Services and Support

- Community professionals and school personnel are available to assist and address health emergencies as well as provide reliable information.
- Individuals will benefit from an awareness of coping strategies that can be used when facing difficult situations.

- 2.1.5.CHSS.1: Identify health services and resources available and determine how each assist in addressing needs and emergencies in a school and in the community (e.g., counselors, medical professionals).
- 2.1.5.CHSS.2: Describe how business, non-profit organizations, and individuals can work cooperatively to address health problems that are affected by global issues, including climate change.
- 2.1.5.CHSS.3: Describe strategies that are useful for individuals who are feeling sadness, anger, anxiety, or stress.

Inclusion of the Career Ready Practice Standards

- CRP.K-12.CRP4: Communicate clearly and effectively and with reason.

Integration of 21st Century Skills through NJSLS 9

- CAEP.9.2.8.B.3: Evaluate communication, collaboration, and leadership skills that can be developed through school, home, work, and extracurricular activities for use in a career.

Essential Questions

- Why is it important to be an effective communicator?
- What are the benefits to possessing strong decision making and goal setting skills?
- How can one improve upon their character and lead a successful life?

Essential Understandings

- It is important to express individual needs, wants, and emotions to others
- Communication, relationships, culture, and traditions impact their daily lives
- In order to be healthy, one must set goals and apply good decision making skills
- There are 6 basic pillars of character that should be followed in the school, home, and community
- Their personal behavior can impact the attitudes and behaviors of others
- They can deal with negative situations in a healthy manner
- The choices one makes will affect their personal health

Students Will Know

- When to use cooperative vs. competitive strategies
- How to identify positive role models
- The steps in both the decision making and goal setting process
- Effective coping skills including refusal, negotiation, and assertiveness

Students Will Be Skilled At

- How to improve upon and build their character
- Key terms: Communication, character, conflict, violence, bullying, harassment, goal, cooperative, competitive, coping, refusal, negotiation, assertiveness, needs, wants, emotions, relationship, culture

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.

- Answer the essential questions
- Make decisions on given scenarios and have the students support or debate their choices
- Complete weekly journal entries reflecting on various character traits and how they develop a healthy lifestyle
- Participate in a communication activity and discuss the benefits of proper communication
- Work in small groups to come up with various to display character in the school, home, and community

Write weekly journal entries for each topic discussed

Learning Plan

- Introduction to life skills and character development
- Discussion of the decision making and goal setting process
- Identify verbal and non-verbal ways of communication
- List reasons why it is important to be a person of character
- Analyze the benefits of being an effective communicator
- Review the 6 pillars of character and apply them to common scenarios
- Discuss the advantages of being a positive role-model and leader

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