Unit 02: Health and Wellness

Content Area: **Health and Physical Education**
Course(s):
Time Period: **Marking Period 1**
Length: **2 Weeks**
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.

Students will understand the importance of developing physical, mental, emotional, and social health. Students will learn positive influences in building healthy skills and making responsible decisions, along with applying knowledge to personal life.

Revision Date: July 2020

Standards

By the end of Grade 8:

2.1 Mental Health: Emotional and Social Wellness

Personal Growth and Development

Individual actions, genetics, and family history can play a role in an individual's personal health.

- 2.1.8.PGD.1: Explain how appropriate health care can promote personal health.

Responsible actions regarding behavior can impact the development and health of oneself and others.

- 2.1.8.PGD.4: Analyze the relationship between healthy behaviors and personal health

Emotional Health

Self-management skills impact an individual's ability to cope with different types of mental, psychological, and emotional situations.

- 2.1.8.EH.1: Compare and contrast stress management strategies that are used to address various types of stress-induced situations (e.g., academics, family, personal relationships, finances, celebrations, violence).

- 2.1.8.EH.2: Analyze how personal attributes, resiliency, and protective factors support mental and emotional health.

Relationships are influenced by a wide variety of factors, individuals, and behaviors

- 2.1.8.SSH.3: Demonstrate communication skills that will support healthy relationships

Community Health Services and Support

Potential solutions to health issues are dependent on health literacy and locating resources accessible in a community.

- 2.1.8.CHSS.1: Identify professionals at school and in the community available to assist with health conditions and emergencies, sexual health services, life skills training and describe how they can be accessed (e.g., suicide prevention, CPR/AED, breast self-examination, traumatic stress).

Advocacy for personal, family, community, and global health can influence and change the interaction of people and their health.

- 2.1.8.CHSS.6: Develop an advocacy plan regarding a health issue and share this information in an appropriate setting.
- 2.1.8.CHSS.7: Collaborate with other students to develop a strategy to address health issues related to climate change.

Different people have different capacities to deal with different situations and being aware of a wide variety of tools and resources is beneficial.

- 2.1.8.CHSS.8: Analyze difficult situations that might lead to feelings sadness, anxiety and or depression and identify individuals, agencies or places in the community where assistance may be available.

2.2 Physical Wellness

Physical Fitness

A variety of effective fitness principles applied consistently over time, enhance personal fitness levels, performance, and health status (e.g., Frequency, Intensity, Time, Type (F.I.T.T).

- 2.2.8.PF.1: Summarize the short and long-term physical, social, mental, and emotional health benefits of regular physical fitness activity.

Lifelong Fitness

Effective Fitness principles combined with mental and emotional endurance over time will enhance performance and wellness.

- 2.2.8.LF.1: Develop and build an effective movement and physical fitness vocabulary for self, peers, and family members that can enhance wellness.
- 2.2.8.LF.2: Explain the importance of assuming responsibility for personal health behaviors through physical activity throughout one's lifetime.
- 2.2.8.LF.4: Identify and recognize factors that generate positive emotions from participating in movement and physical fitness activities.

2.3 Safety

Personal Safety

Technology can impact the capacity of individuals to develop and maintain healthy behaviors and interpersonal relationships.

- 2.3.8.PS.6: Demonstrate strategies to use social media safely, legally, and respectfully (e.g., sexting, sextortion).
- 2.3.8.PS.7: Evaluate the impact of technology and social media on relationships (e.g., consent, communication, respect).

Interdisciplinary connections across content areas

- LA.WHST.6-8.2.D - Use precise language and domain-specific vocabulary to inform about or explain the topic.
- LA.WHST.6-8.4 - Produce clear and coherent writing in which the development, organization, voice, and style are appropriate to task, purpose, and audience.
- LA.WHST.11-12.6 - Use technology, including the Internet, to produce, share, and update writing products in response to ongoing feedback, including new arguments or information.

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.

Integration of Technology Standards through the NJSLS

- TECH.8.1.8.A.3: Use and/or develop a simulation that provides an environment to solve a real world problem or theory.

Transfer

Essential Questions

- What is the relationship between health and wellness?
- Why is it important to develop physical, social, and emotional health?
- What does it mean to be healthy or well?
- What is the difference between health and wellness?
- What choices can be made during adolescence that will promote lifelong health and wellness?
- What are the consequences (especially unforeseen) of our choices in terms of wellness?

Essential Understandings

- it is important to balance all three aspects of health
- different influences have an impact on your overall health and wellness.
- decisions made during adolescence can affect the future.
- setting health goals can make for a healthier person.

Students Will Know

- the three parts of the health triangle.
- key terms related to health and wellness: health, wellness, heredity, environment, culture, peers, behavior, decision making, consequences, risks, values, goals.
- the decision making process as it relates to health.
- evaluating personal health status based on the health triangle
- setting health goals
- choosing healthy behaviors over risky behavior

Students Will Be Skilled At

- evaluating personal health status based on the health triangle
- setting health goals
- choosing healthy behaviors over risky behavior

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.

- participate in every class activity for each specific unit.
- act respectfully and follow the rules.
- complete class work, homework, group work, quizzes, tests, and projects that will evaluate understanding of concepts and key terms for each unit.
- apply knowledge from each individual unit to one's own personal life.
- develop personal health goals pertaining to each individual unit.
- answer the essential questions

individual/ Partner/ Groups activities and projects

Learning Plan

- Introduce the unit.
- Discuss key terms and concepts pertaining to each individual unit.
- Apply knowledge to personal life.
- Review of all unit material covered.
- Assess understanding through class participation, class work, projects, group work, quizzes and tests relating to each individual unit.

Materials

Google classroom/ technology access

Projector

Construction paper

Markers

Course videos

Handouts

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

In addition the materials above, 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 environment.

Suggested Strategies for Modifications

https://docs.google.com/spreadsheets/d/1JN3XzsuRVs09JoqKayEQYWUZt4rJdwqQ3rQI5jqs5C4/edit?usp=sharing