# Unit 01: Understanding Health and Wellness

Content Area: **Health and Physical Education**
Course(s):
Time Period: **Marking Period 1**
Length: **1 Week**
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 learn and understand skills necessary for improving physical, mental/emotional, and social health in order to achieve overall wellness. Students will learn about health risks, decision making, setting goals, and building good character. Students will learn ways to apply knowledge gained to their own personal life.

**Revision Date:** July 2020

## Standards

By the end of Grade 8:

2.1 Mental Health: Emotional and Social Wellness

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.

Community Health Services and Support

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.

2.3 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

- How are the mind and body connected?

- How can good character be developed?

## Essential Understandings

- decision making involves a thought process.
- character traits are developed through various life experiences.
- having strong values are important in life.
- setting goals will lead to success.
- risky behavior and decisions comes with consequences.
- the mind and body are connected through all aspects of health.

## Students Will Know

- the steps taken in making an educated decision.
- basic skills needed to improve their overall health.
- some good character traits to possess.
- how to develop good character.
- how to set and achieve goals.

## Students Will Be Skilled At

- key terms and concepts, including: healthy, wellness, physical health, social health, mental/emotional health, stress management, communication, risk, character, conflict, conflict resolution, consequences, abstinence, ethical values, short term goals, long term goals, trustworthiness, respect, responsibility, fairness, caring, citizenship.
- the three parts of the health triangle.
- the difference between health and wellness.
- behaviors that put them at risk.

## 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 class activities designed to improve knowledge of the different parts of the health triangle, identifying risky behaviors, the decision making process, character traits, goal setting.
- act respectfully and follow all class rules.
- create a personal health triangle and a success line.
- complete a written assessment on the decision making process, criteria for goal setting, and building positive character traits.
- develop personal health goals on their success line.
- answer the essential questions.

## Learning Plan

- Preview the essential questions and connect to learning throughout the unit.
- Provide an introduction and overview to understanding health and wellness including topics such as the decision making process, the consequences of risky behaviors, character traits, goal setting.
- Discuss key terms and concepts including: healthy, wellness, physical health, social health, mental/emotional health, stress management, communication, risk, character, conflict, conflict resolution, consequences, abstinence, ethical values, short term goals, long term goals, trustworthiness, respect, responsibility, fairness, caring, citizenship.
- Apply knowledge of the importance of health and wellness to one's personal life including decision making, avoiding risky behaviors, and goal setting.
- Complete a written assessment on the decision making process, criteria for goal setting, and building positive character traits.

## Materials

Laptops

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 environments

## Suggested Strategies for Modifications

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