Unit 01: 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 how to take responsibility for their own health by making decisions, setting goals, and building character throughout the teen years.Students will learn ways to apply knowledge gained during the unit to their own 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

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

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

- as they mature, grow, and develop, they must take responsibility for their own health.
- the changes that occur during adolescence happen at different rates for different people.
- lifestyle factors can have a major impact on a person’s health.
- developing character is a lifelong process.
- goal setting can lead to success.

the decisions that they make can affect others around them.

Students Will Know

- the three parts of the health triangle that lead to overall health and wellness.
- the physical, mental, social, and emotional changes that take place during the teen years.
- healthful behaviors to improve overall health.

outside factors that can impact a person's health.

Students Will Be Skilled At

- key terms and concepts, including: health, wellness, adolescence, puberty, hormones, peers, lifestyle factors, risk behaviors, cumulative risks, precautions, preventions, abstinence, values, goal setting, character, trustworthiness, respect, responsibility, accountability, tolerance, fairness, caring, empathy.

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 different physical, mental, social, and emotional changes that occur during adolescence
- create goals to improve in each of the three parts of the health triangle
- work as a group to identify outside factors that have an effect on health and wellness
- complete a written assessment pertaining to the health triangle, character traits, and goal setting
- follow all class rules and regulations

answer the essential questions.

Learning Plan

- Preview the essential questions and connect to learning throughout the unit.

- Introduce the health and wellness unit, including description of the health triangle, character traits, values, goal setting, and decision making
- Identify and discuss key terms, such as: health, wellness, adolescence, puberty, hormones, peers, lifestyle factors, risk behaviors, cumulative risks, precautions, preventions, abstinence, values, goal setting, character, trustworthiness, respect, responsibility, accountability, tolerance, fairness, caring, empathy
- Discuss changes that occur during adolescence
- Create goals to improve in each of the three parts of the health triangle

Complete a written assessment pertaining to the health triangle, character traits, and goal setting

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 environment.

Suggested Strategies for Modifications

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