

Unit: Health/Wellness

Content Area: **Health**
Course(s): **Adaptive Physical Education**
Time Period: **8 weeks**
Length: **8 Weeks**
Status: **Published**

Unit Overview

A high level of wellness is achieved by balancing social, emotional, mental and physical health.

Transfer

Students will become aware of how the four areas of health overlap and affect their well-being.

Meaning

Understandings

Students will learn and apply tools to improve and maintain social, emotional, mental and physical health.

Essential Questions

How do personal health choices impact our own health as well as the health of others?

How does knowledge of nutrition contribute to the overall health of an individual?

How can a personal commitment to wellness influence the health of others and reduce ones' risk for poor health and impact the quality of one's life?

Application of Knowledge and Skill

Students will know...

The short and long term physical, social, emotional and intellectual benefits of participating in regular physical activity.

That healthy eating provides energy, helps to maintain healthy weight, lowers risk of disease, and keeps body systems functioning effectively.

Students will be skilled at...

Identifying the benefits of regular physical activity.

Recognizing that healthy eating provides energy, helps to maintain healthy weight, lowers risk of disease, and keeps body systems functioning effectively.

Recognizing stressors and developing healthy ways to handle stress.

Identifying personal strengths and weaknesses to build self-esteem.

Practicing good communication and social skills.

Academic Vocabulary

Learning Goal 1

Students will learn and apply health promotion concepts and skills to support a healthy, active lifestyle.

Target 1

TLW: Determine the physical, social, emotional, and intellectual benefits of regular physical activity.

HE.K-12.2.1	All students will learn health promotion and disease prevention concepts and health-enhancing behaviors.
HE.K-12.2.1.1	Demonstrate safe responsible health behaviors such as using a tissue, eating nutritionally, and washing hands when appropriate.
HE.K-12.2.1.2	Identify potentially dangerous or threatening activities or situations.
HE.K-12.2.5.1	Access environments within home, school and the community for a variety of purposes.
HPE.2.1.8.B.2	Identify and defend healthy ways for adolescents to lose, gain, or maintain weight.
HPE.2.1.8.C.CS1	The prevention and control of diseases and health conditions are affected by many factors.
HPE.2.1.8.E	Social and Emotional Health
HPE.2.1.8.E.4	Compare and contrast stress management strategies that are used to address various types of stress-induced situations.
HPE.2.2.8.B.CS1	Every health-related decision has short- and long-term consequences and affects the ability to reach health goals. Increasing mobility can promote access to various environments within the home, school and the community. Participation in recreational activities that involve movement skills can provide opportunities for students to identify activities that they enjoy and that promote good health.

Target 2

Learning Goal 2

Students will use effective decision-making strategies to ensure a healthy lifestyle.

Target 1

TLW: Explain how family, peers, technology, culture, and the media influence thoughts, feelings, health decisions, and behaviors.

HE.K-12.2.2	All students will learn health-enhancing personal, interpersonal, and life skills.
HE.K-12.2.2.1	Demonstrate responsible personal conduct such as working cooperatively with others as well as following rules and routines.
HE.K-12.2.2.3	Demonstrate effective communication skills, decision-making skills, refusal skills, negotiation skills, and assertiveness in situations that influence health and safety.
HE.K-12.2.2.5	Demonstrate appropriate social interaction in a variety of settings.
HE.K-12.2.4.1	Recognize family members and various roles and responsibilities within family structures.
HE.K-12.2.4.2	Demonstrate behaviors necessary for safe and healthy relationships.
HPE.2.2.8.E.CS2	<p>Communicating health needs to trusted adults and professionals assists in the prevention, early detection, and treatment of health problems.</p> <p>Students can enhance personal health by learning about their identity as part of a family and strategies for developing and sustaining healthy relationships. Students are faced with many choices regarding their sexual health. They need to know about the physical and emotional aspects of personal relationships and how to make choices that protect their health and safety.</p> <p>Developing self-management and interpersonal skills can enhance personal health and foster independence. Learning how to communicate needs, wants and choices effectively and appropriately can enhance relationships with friends, family and authority figures.</p>

Target 2

TLW: Demonstrate simple first-aid procedures for choking, bleeding, burns, and poisoning.

HE.K-12.2.1.3	Identify and use emergency procedures when appropriate.
HE.K-12.2.3.1	Identify the purpose and appropriate use of personal medication.
HE.K-12.2.3.2	Know that the use of alcohol, tobacco and other drugs can be dangerous.
HE.K-12.2.4.4	Demonstrate behaviors that reduce or eliminate one's risk of contracting HIV or a sexually transmitted disease.
HPE.2.1.8.D.1	Assess the degree of risk in a variety of situations and identify strategies to reduce intentional and unintentional injuries to self and others.
HPE.2.1.8.D.2	Describe effective personal protection strategies used in public places and what to do when one's safety is compromised.
HPE.2.1.8.D.4	Demonstrate first-aid procedures, including victim and situation assessment, Basic Life Support, and the care of head trauma, bleeding and wounds, burns, fractures, shock, and poisoning.
HPE.2.1.8.D.CS1	Evaluating the potential for injury prior to engaging in unhealthy/risky behaviors impacts choices.
HPE.2.1.8.D.CS2	<p>Applying first-aid procedures can minimize injury and save lives.</p> <p>Knowing that medications, when correctly used, can be helpful and that alcohol, tobacco products and other drugs can be harmful is important for maintaining good health.</p>

Students may find themselves in situations where alcohol, tobacco and other drugs are available or offered to them. It is important for them to recognize these situations as potentially dangerous and to respond appropriately.

Summative Assessment

Self assessment

Paper/pencil assessment

21st Century Life and Careers

All students will demonstrate the creative, critical thinking, collaboration, and problem solving skills needed to function successfully as both global citizens and workers in diverse ethnic and organizational cultures

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.

Formative Assessment and Performance Opportunities

Peer assessment

Teacher monitoring

Differentiation/Enrichment

Students are provided with an opportunity to be successful through the use of equipment, teacher monitoring/assessing, and peer assessment.

Unit Resources

Internet websites

laptop

projection device

various food/healthy props

magazines