

# Unit 4: Health/Wellness

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

## Unit Overview

---

Good health, facilitated by both knowledge and practice of healthy eating and exercise behaviors and habits, is a major factor in helping students function at optimal levels.

## Transfer

---

Students should be made aware of how healthy eating and proper exercise is the key to a healthy mind and body. Teacher will engage students in conversations that lead to the students asking, "how" and "why" eating healthy and proper exercise is important.

## Meaning

---

## Understandings

---

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

## 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.

## **Academic Vocabulary**

---

### **Learning Goal 1**

---

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

HPE.2.1.4.A.1	Explain the physical, social, emotional, and mental dimensions of personal wellness and how they interact.
HPE.2.1.4.B.1	Explain how healthy eating provides energy, helps to maintain healthy weight, lowers risk of disease, and keeps body systems functioning effectively.
HPE.2.1.4.B.2	Differentiate between healthy and unhealthy eating practices.
HPE.2.1.4.C.3	Explain how mental health impacts one's wellness.

### **Target 1**

---

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

## **Learning Goal 2**

---

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

HPE.2.1.4.D.1	Determine the characteristics of safe and unsafe situations and develop strategies to reduce the risk of injuries at home, school, and in the community (e.g., fire safety, poison safety, accident prevention).
HPE.2.1.4.D.2	Summarize the various forms of abuse and ways to get help.
HPE.2.1.4.D.3	Examine the impact of unsafe behaviors when traveling in vehicles, as a pedestrian, and when using other modes of transportation.
HPE.2.1.4.D.4	Demonstrate simple first-aid procedures for choking, bleeding, burns, and poisoning.
HPE.2.2.4.B.1	Use the decision-making process when addressing health-related issues.
HPE.2.2.4.B.2	Differentiate between situations when a health-related should be made independently or with the help of others.
HPE.2.2.4.B.4	Develop a personal health goal and track progress.

## **Target 1**

---

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

## **Target 2**

---

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

## **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.

WORK.K-4.9.1.4.1	The ability to recognize a problem and apply critical thinking and problem-solving skills to solve the problem is a lifelong skill that develops over time.
WORK.K-4.9.1.4.1	Effective communication skills convey intended meaning to others and assist in preventing misunderstandings.
WORK.K-4.9.1.4.1	Brainstorming activities enhance creative and innovative thinking in individual and group goal setting and problem solving.
WORK.K-4.9.1.4.A.1	Recognize a problem and brainstorm ways to solve the problem individually or collaboratively.
WORK.K-4.9.1.4.A.2	Evaluate available resources that can assist in solving problems.
WORK.K-4.9.1.4.A.3	Determine when the use of technology is appropriate to solve problems.
WORK.K-4.9.1.4.A.4	Use data accessed on the Web to inform solutions to problems and the decision-making process.
WORK.K-4.9.1.4.A.5	Apply critical thinking and problem-solving skills in classroom and family settings.
WORK.K-4.9.1.4.B.1	Participate in brainstorming sessions to seek information, ideas, and strategies that foster creative thinking.
WORK.K-4.9.1.4.C.1	Practice collaborative skills in groups, and explain how these skills assist in completing tasks in different settings (at home, in school, and during play).

## **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