

# Unit 1: Intro to Health I (6)

Content Area: **Health**  
Course(s): **Health and Physical Ed**  
Time Period: **1 marking period**  
Length: **1 Week**  
Status: **Published**

## Unit Overview

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In this unit, students will identify the 4 parts of health and the factors that affect one's wellness. The 4 parts of health include physical, mental, social and emotional.

## Transfer

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Students will be able to independently use their learning to...

successfully assess their health by evaluating each of the four parts of their health and examining their behaviors. This will allow the students to identify their weaknesses and takes steps to improve their health.

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For more information, read the following article by Grant Wiggins.

[http://www.authenticeducation.org/ae\\_bigideas/article.lasso?artid=60](http://www.authenticeducation.org/ae_bigideas/article.lasso?artid=60)

## Meaning

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## Understandings

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Students will understand that...

-by identifying the 4 parts of health that affect their wellness, they will be able to address their strengths and weaknesses to improve overall health.

## **Essential Questions**

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Students will keep considering:

- Staying healthy is a lifelong process
- Effective communication may determine outcome of health and safety related situations
- Demonstrate verbal and non-verbal interpersonal communication in various settings that impact health
- Stress management skills impact an individual's ability to cope with different types of emotional situations

## **Application of Knowledge and Skill**

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### **Students will know...**

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Students will know...

- the 4 parts of health and the factors that affect one's wellness. The 4 parts of health include physical, mental, social and emotional.

### **Students will be skilled at...**

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Students will be skilled at...

- identifying the 4 parts of health that affect their wellness, they will be able to address their strengths and weaknesses to improve overall health.

## **Academic Vocabulary**

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Health

Wellness

Genes

Environment

preventive healthcare

health and wellness skills

decision making

refusal skills

conflict resolution

goal setting

## **Learning Goal 1**

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Students will identify the 4 parts of health and the factors that affect one's wellness.

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CRP.K-12.CRP1	Act as a responsible and contributing citizen and employee.
CRP.K-12.CRP3	Attend to personal health and financial well-being.
CRP.K-12.CRP4	Communicate clearly and effectively and with reason.
CRP.K-12.CRP5	Consider the environmental, social and economic impacts of decisions.
CRP.K-12.CRP6	Demonstrate creativity and innovation.
CRP.K-12.CRP8	Utilize critical thinking to make sense of problems and persevere in solving them.
CRP.K-12.CRP9	Model integrity, ethical leadership and effective management.
HPE.2.1.6.A.2	Relate how personal lifestyle habits, environment, and heredity influence growth and development in each life stage.
HPE.2.1.6.A.3	Determine factors that influence the purchase of healthcare products and use of personal hygiene practices.
HPE.2.1.6.C.1	Summarize means of detecting and treating diseases and health conditions that are prevalent in adolescents.
HPE.2.1.6.C.2	Determine the impact of public health strategies in preventing diseases and health conditions.
HPE.2.1.6.C.3	Compare and contrast common mental illnesses (such as depression, anxiety and panic disorders, and phobias) and ways to detect and treat them.
HPE.2.1.6.E.CS3	Stress management skills impact an individual's ability to cope with different types of emotional situations.
HPE.2.2.6.A.1	Demonstrate verbal and nonverbal interpersonal communication in various settings that impact the health of oneself and others.
HPE.2.2.6.A.2	Demonstrate use of refusal, negotiation, and assertiveness skills in different situations.

HPE.2.2.6.A.CS1	Effective communication may be a determining factor in the outcome of health- and safety-related situations.
HPE.2.2.6.A.CS2	Effective communication is the basis for strengthening interpersonal interactions and relationships and resolving conflicts.
HPE.2.2.6.B.1	Use effective decision-making strategies.
HPE.2.2.6.B.3	Determine how conflicting interests may influence one's decisions.

## **Target 1**

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Students will explain how physical health affects their overall wellness.

## **Target 2**

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Students will explain how mental and emotional health affects their overall wellness.

## **Summative Assessment**

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- Essay
  - Projects
  - Quizzes
  - Test

## **Formative Assessment and Performance Opportunities**

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- Observation
  - Think-pair-share
  - worksheets

## **Differentiation/Enrichment**

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- building your skills

- Case studies
- graphic organizers
- How healthy are you

## **Unit Resources**

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textbook

laptops

topic related videos

topic related worksheets