

# Unit 3: Social Health I (6)

Content Area: **Health**  
Course(s): **Health and Physical Ed**  
Time Period: **1 marking period**  
Length: **3 Weeks**  
Status: **Published**

## Unit Overview

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In the unit, students will examine different types of conflicts and strategies for resolving conflicts in their life. Students will also analyze different situations that cause conflict and the effect that conflict has on their social and emotional health.

## Transfer

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

- identify and resolve conflicts with family, friends and classmates.

## Meaning

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## Understandings

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Students will understand...

- the nature and causes of conflict
- the relationship between conflict and stress
- different types of conflicts
- strategies for resolving conflicts

## **Essential Questions**

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Students will keep considering...

- how conflict resolution can affect my social and emotional health?

## **Application of Knowledge and Skill**

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

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Students will know...

- causes of conflict
- types of conflict
- strategies for resolving conflicts

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

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Students will be skilled at...

- identifying causes of conflict
- identifying types of conflict
- creating and evaluating strategies to resolve conflict

## **Academic Vocabulary**

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Interpersonal skills

communication process

feedback

verbal communication

nonverbal communication

active listening

peer mediation

## **Learning Goal 1**

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Students will understand the nature and causes of conflict, anger and stress.

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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.E.2	Make recommendations to resolve incidences of school and community conflict, violence, harassment, gang violence, discrimination, and bullying.
HPE.2.1.6.E.3	Compare and contrast ways that individuals, families, and communities cope with change, crisis, rejection, loss, and separation.
HPE.2.2.6.A.2	Demonstrate use of refusal, negotiation, and assertiveness skills in different situations.
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 describe what is involved in conflict.

## **Target 2**

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Students will identify causes of conflict.

## **Target 3**

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Students will analyze how conflict influences their social and emotional health.

## **Learning Goal 2**

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Students will explore various types of conflicts and strategies for resolving conflicts.

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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.2.2.6.C.1	Explain how character and core ethical values can be useful in addressing challenging situations.
HPE.2.4.6.A.4	Demonstrate successful resolution of a problem(s) among friends and in other relationships.

## **Target 1**

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Students will be able to identify conflict types.

## **Target 2**

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Students will understand and apply strategies for dealing with conflict

## **Summative Assessment**

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- essay
- projects
- quiz
- test

## **Formative Assessment and Performance Opportunities**

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- observation
- think/pair/share
- worksheets

## **Differentiation/Enrichment**

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how healthy are you

building your skills

graphic organizers

case studies

## **Unit Resources**

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textbook

laptops

topic related videos

topic related worksheets