

Unit 2 Social Health

Content Area: **P.E. & Health**
Course(s): **Health 2**
Time Period: **Marking Period 2**
Length: **2 Days**
Status: **Published**

Essential Questions

- What makes you unique?
- What is communication and why is it important?
- How can you communicate respectfully with others?

Big Ideas

- Every individual has unique skills and qualities, which can include the activities they enjoy such as how they may dress, their mannerisms, things they like to do.
- Families shape the way we think about our bodies, our health and our behaviors.
- People have relationships with others in the local community and beyond.
- Communication is the basis for strengthening relationships and resolving conflict between people.

Enduring Understandings

- 2.1.2.SSH.1: Discuss how individuals make their own choices about how to express themselves.
- 2.1.2.SSH.2: Discuss the range of ways people express their gender and how gender-role stereotypes may limit behavior.
- 2.1.2.SSH.3: Describe different kinds of families locally, nationally and globally and note similarities in the ways in which they keep their children safe.
- 2.1.2.SSH.4: Determine the factors that contribute to healthy relationships within a family.
- 2.1.2.SSH.5: Identify basic social needs of all people.
- 2.1.2.SSH.6: Determine the factors that contribute to healthy relationships.
- 2.1.2.SSH.7: Explain healthy ways for friends to express feelings for and to one another.

Resources

- **Families, Families, Families Book by: Suzanna Lang and Max Lang**
- Pink is for Boys book By: Robb Pearlman
- Kindness Is Cooler Book: <https://www.youtube.com/watch?v=UPO7P1gHAmo>
- Saying What you Mean: <https://www.youtube.com/watch?v=1hnLfnulwZw>
- I-Messages:
https://www.youtube.com/watch?v=bYf3H70qldI&list=PLnELI22kY1mroC03Ov_nDsUUW_U9_5yqY
- BrainPopJr Friends: <https://jr.brainpop.com/health/feelingsandself/friends/>
- Great Body Shop: Magazine titled Let's Stay Safe

Great Body Shop: Magazine titled My Skin and Me