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.

Diversity Integration

LGBTQ

- Families, Families, Families by: Suzanne Lang and Max Lang
- Pink is for Boys book By: Robb Pearlman

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

- 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
- BrainPop,Jr Friends: https://jr.brainpop.com/health/feelingsandsel/friends/
- Great Body Shop: Magazine titled Let's Stay Safe

Great Body Shop: Magazine titled My Skin and Me