Unit 2-3j L.E.A.D Communication

Content Area: **P.E. & Health**
Course(s): **Health 5**
Time Period: **MP2-3**
Length: **Day 4**
Status: **Published**

Essential Questions

- What is communication?
- What are the nonverbal and verbal elements of communication?
- What are the differences between assertive, aggressive, and passive speaking styles?
- How can you describe active listening skills?

Big Ideas

- Children with effective communication skills are better able to resolve conflict peacefully, share feelings, and share ideas with others, enhancing cooperation and relationship building.
- Children who are effective communicators are more likely to bond with their peers and develop healthy relationships.

Enduring Understandings

2.2 Integrated Skills

A. Interpersonal Communication

2.2.6.A.1 Demonstrate verbal and nonverbal interpersonal communication in various settings that impact the health of oneself and others.

2.2.6.A.2 Demonstrate use of refusal, negotiation, and assertiveness skills in different situations.

Resources

- *Too Good for Drugs* Lesson 4: Communication