Unit 2-3h L.E.A.D.-Decision Making

Content Area: **P.E. & Health**
Course(s): **Health 5**
Time Period: **MP2-3**
Length: **Day 2**
Status: **Published**

Essential Questions

- What is a consequence?
- What are the steps of the decision-making model?
- How can you choose healthy options when making a decision?

Big Ideas

- Children equipped with decision-making and problem-solving skills are more likely to make confident, healthy decisions.
- The ability to consider the positive and negative consequences of decisions reduces the likelihood of impulsive behavior promoting actions consistent with short-term and long-term goals.

Enduring Understandings

2.2 Integrated Skills

B. Decision-Making and Goal Setting

2.2.6.B.1 Use effective decision-making strategies.

2.2.6.B.2 Predict how the outcome(s) of a health-related decision may differ if an alternative decision is made by self or others.

2.2.6.B.4 Apply personal health data and information to support achievement of one's short- and long-term health goals

Resources

- *Too Good for Drugs* Lesson 2: Decision Making