3-COLUMN TABLE

BHAG: Students will explore the health triangle and analyze how to keep it in balance while using each of the 10 health skills for prevention.

Learning Goals:	Assessment Activities:	Learning Activities:
1. Foundational Knowledge • **Students will understand the Health Triangle, the 10 health skills, and prevention.** • The Health Triangle -What are the tree sides of your health triangle? (Physical health, mental/emotional health, & social health) • What are the 10 health skills? (**Ten health skills**: practicing healthy behaviors, decision making, goal setting, stress management, communication, analyzing influences, advocacy, accessing information, stress management, refusal skills)	• Students will create a health triangle foldable (graphic organizer), filling in each side of the health triangle, telling what they are, why they are important, and activities that keep specific sides in balance. • Students will complete a fill in the blank assessment where they must fill in the blanks for the key terms of the health triangle's sides and the ten health skills based on the definition. • Health Blog in e-portfolio: Students will write a paragraph for the prompt, "To achieve overall wellness, I can make these changes to my everyday routine."	• Content read aloud and discussion • Vocabulary card sort • Kahoot (Healthy Vocabulary) • E-Spotlight on Health Videos (Health Triangle & Ten Health Skills) • Interactive health games and activities that accompany the E-Spotlight on Health videos.

2. Application ● Students will apply what they learned about the ten health skills to various situations to improve health triangles and reach wellness.	● Triangle Assessment: students must balance health triangle that are out of balance for various situations by giving a solution. ● Multiple choice quiz over the health triangle and the ten health skills ● Health Triangle: Decision Making Activity.	● Jeopardy Labs Interactive Class Game: Health Skills ● Small groups discussions/ think, paired shares ● Students will create a health plan in their e-portfolio describing their plan to improve their personal health triangle.
3. Integration ● Students will analyze the relationship between the ten health skills and prevention. They will determine how to use these to improve health triangles.	● Students will discuss preventative measures they use every day. (Brushing teeth, wearing a seat belt, tying shoes, etc.) ● Students will create a brochure about the ten health skills and prevention. ● Critical Thinking Question Quiz	● Prevention Quizlet ● TIME Health Article and Activity ● E-Spotlight on Health Video and small group discussion. ● Classroom "Parking Lot" during article and video. Class "Parking Lot" discussion ● Students will make an outline for their brochures and gather information using digital resources.

(over)

4. <u>Human Dimension:</u> ● Students will collaborate to promote awareness of health issues that may occur by not taking care of the health triangle or using the ten health skills.	● The groups that created the skit or video must turn in a 2-page paper on why they chose the health skill and how using the health skill can be useful to teenagers ● Groups will grade other groups on their health skit or video for creativity, organization, and content ● Students will evaluate their group members and their contribution to their presentation	● In small groups, students will create a skit or video on either **decision making**, **analyzing influences**, **conflict resolution** or **refusal skills** and relate it to teenagers and peer pressure and how it can affect their overall health. ● Students will reflect individually on what they gained from other groups during the presentations and write one paragraph
<u>4. Caring</u> ● Students will analyze the value of **accessing information** and resources to overcome health issues and concerns.	● Decision Making Quiz: Students will choose correct health care professional for scenarios given. ● Students will present their interview with health care professional ● "Better Together!" Students will create a poster encouraging teens with health concerns to someone and seek help.	● Guided reading on health care professionals and health issues they treat ● Classroom "Parking Lot" for mental and social health problems ● E-Spotlight on Health Video & Activity: Counselors & Mental Health ● Students will interview health care professional to get a better understanding of how they assist in helping others achieve wellness

5. How to Keep on Learning ● Students will research and evaluate the role that a balanced health triangle will have on their educational achievements, relationships, and their future.	● Students will write a reflective blog post for their e-portfolio discussing what they have learned during this unit, things learned through research and health care professional interview, and how they will work to achieve wellness in the future.	● Students will reflect on and update the personal health plan they began in their e-portfolio ● Think paired shares & Class Discussions ● Physical, Mental, Social Group Game ● Interactive activities from textbook online resource.