

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:

<p>1. <u>Foundational Knowledge</u></p> <ul style="list-style-type: none"> ● Students will understand the Health Triangle, the 10 health skills, and prevention. ● The Health Triangle -What are the three sides of your health triangle? (<u>Physical health</u>, <u>mental/emotional health</u>, & <u>social health</u>) ● 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) 	<ul style="list-style-type: none"> ● 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." 	<ul style="list-style-type: none"> ● 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.
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<p>2. <u>Application</u></p> <ul style="list-style-type: none"> ● Students will apply what they learned about the ten health skills to various situations to improve health triangles and reach wellness. 	<ul style="list-style-type: none"> ● 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. 	<ul style="list-style-type: none"> ● 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.
<p>3. <u>Integration</u></p> <ul style="list-style-type: none"> ● Students will analyze the relationship between the ten health skills and prevention. They will determine how to use these to improve health triangles. 	<ul style="list-style-type: none"> ● 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 	<ul style="list-style-type: none"> ● 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)

<p>4. <u>Human Dimension:</u></p> <ul style="list-style-type: none"> 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. 	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> 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
<p>4. <u>Caring</u></p> <ul style="list-style-type: none"> Students will analyze the value of accessing information and resources to overcome health issues and concerns. 	<ul style="list-style-type: none"> 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. 	<ul style="list-style-type: none"> 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

<p><u>5. How to Keep on Learning</u></p> <ul style="list-style-type: none"> ● Students will research and evaluate the role that a balanced health triangle will have on their educational achievements, relationships, and their future. 	<ul style="list-style-type: none"> ● 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. 	<ul style="list-style-type: none"> ● 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.
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