



40 Years of Inspiring, Educating, Connecting.

**Technology Integration Workshop  
2016**

**Unit Title: Personal Health and Wellness**

**Grade Level: 9, 10, 11, 12**

**Subject Area: Health**

**Duration/Length/Number of class periods: 5 Class Periods**

**Description: Students will be introduced to the Dimensions of Health and a variety of health skills that will help them increase their overall level of health and wellness.**

**Established Goals (National, State, Local):**

National Health Standards

- 1.12.1 Predict how healthy behaviors can affect health status.
- 1.12.2 Describe the interrelationships of emotional, intellectual, physical, and social health.
- 1.12.3 Analyze how environment and personal health are interrelated.

**What Enduring Understandings are desired?**

Students will understand that personal life choices matter and can affect many areas of personal health and relationships affecting the present and setting up the future.

**What Essential Questions will be considered?**

How do health dimensions and skills effect relationships both positively and negatively? To what extent do life changes affect lifestyle, and your health status? How do people decide what health dimensions and skills they currently have and which ones do they need to develop. How does one find and effectively use resources to develop health dimensions and skills.

**Students will know / be able to:**

Critically think about personal health dimensions, current developing health skill and behavior choices, and set up goals to further develop themselves to improve personal health and the health of those surrounding them.

Description	<a href="#">Formative</a>	<a href="#">Summative</a>	Intro Activity	Learning Activity	Student Technology Used	Teacher Technology Used	<a href="#">ISTE Standards</a>
<p><i>Units must include at least one of each formative, summative, introductory activity and learning activity. Check the appropriate box; one per row.</i></p>							

Google Slide Deck			X			X	1.a
Warm-up	X		X				6.c
Dimensions of Health Triangle & Reflection	X			X			
Break out				X			
Description <i>Units must include at least one of each formative, summative, introductory activity and learning activity. Check the appropriate box.</i>	<a href="#">Formative</a>	<a href="#">Summative</a>	Intro Activity	Learning Activity	Student Technology Used	Teacher Technology Used	<a href="#">ISTE Standards</a>
Exit Slip Dimension of Health and Health Skills	X						1.a 6.c
Refusal Skills - Maria's Story				X			6.c
Analyzing Influences Break Out				X			6.c
Short-Term and Long-Term Goal-Setting Worksheet	X			X	X	X	1.a
SMART Goals and SMART Rubric		X		X	X	X	1.a

**Materials, tools and resources:**

**Teacher: Macbook Air etc., Smart Board, Google Docs, Slides, Forms, Google Classroom**

**Students: Chromebook etc., Google Docs, Slides, Forms, Google Classroom**

**Unit Plan Author. Lesson adapted for Washburn High School Students. Mark Friend & Patricia Hansen**

[http://washburn.mpls.k12.mn.us/friend mark](http://washburn.mpls.k12.mn.us/friend_mark) , [http://washburn.mpls.k12.mn.us/hansen patricia 2](http://washburn.mpls.k12.mn.us/hansen_patricia_2)

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