

# HAZLETON AREA SCHOOL DISTRICT



## DISTRICT UNIT/LESSON PLAN

Teacher Name : Jennifer Balay

Subject : Health-Chapter 1

Start Date(s): August 27th

Grade Level (s): 7<sup>th</sup>

Building : Valley Elem/MS

## Unit Plan

**Unit Title:** A Healthy Foundation

**Essential Questions:**

- What are the three parts of health?
- Explore strategies to maintain physical health?
- Explore strategies to maintain mental/emotional health?
- Explore strategies to maintain social health?
- What is wellness and how would you evaluate yourself?
- What influences help create who you are as a person?
- What are some environmental factors that influence your health?
- What are some heredity factors that influence your health?
- How can you improve your own health?
- What are the steps to creating a good Wellness contract?
- What are the skills for building physical health?
- What are the skills for building mental/emotional health?
- What are the skills for building social health?

**Standards:**

- 10.1.9.A. Analyze factors that impact growth and development between adolescence and adulthood.
  - risk factors (phys. inactivity)
  - friendships and peers
  - communication
- 10.4.9.F- Analyze the effects of positive and negative interactions of adolescent group members in physical activities.
  - group dynamics and social pressure

**Summative Unit Assessment :**

Summative Assessment Objective		Assessment Method (check one)
Students will- recognize and comprehend the three major components that make up their health and formulate a plan in order to correct their unhealthy lifestyle choices.		<input type="checkbox"/> Rubric <input type="checkbox"/> Checklist <input checked="" type="checkbox"/> Unit Test <input type="checkbox"/> Group <input type="checkbox"/> Student Self-Assessment  <input type="checkbox"/> Other (explain)

**DAILY PLAN**

Day	Objective (s)	DOK LEVEL	Activities / Teaching Strategies	Grouping	Materials / Resources	Assessment of Objective (s)
1	Students will- examine the rules, grading and classroom procedures of health class.	1	Direct Instruction- Covering the Procedures and Rules of the classroom	W S I	Syllabus White Board	Formative- Observations, Questioning, Discussion Summative- Participation Student Self - Assessment- Discussion-whole group
2	Students will- examine the content of the health book.	3	Direct Instruction- Introduction to the book and content to be covered during health. Identify 3 areas that interest you. Analyze your 2 areas of self-improvement and list 1 way to solve that problem.	W I	Syllabus White Board 25 Health Books Note cards	Formative- Observations, Questioning, Discussion Summative- Participation Student Self - Assessment- Discussion-Whole Group
3	Students will- become associated with health-related terms while examining the content of the health book.	2	Interactive Instruction- (Small group) Use Mad Gab sayings to match with definitions of common health terms.	S	25 Health Books White Board Mad Gab Activity sheet	Formative- Observations, Questioning, Discussion, Think Pair Share Summative- Participation Student Self - Assessment- Discussion -small & whole group
4	Students will- become associated with health-related terms while examining the content of the health book.	2	Interactive Instruction- (Small group) Use Mad Gab sayings to match with definitions of common health terms.	S	25 Health Books White Board Mad Gab Activity sheet	Formative- Observations, Questioning, Discussion Summative- Participation Student Self - Assessment- Discussion- individual & whole group

5	Students will- utilize the small group activity to discover health related terms.	1	Interactive instruction Mad Gab answer sheet	W  I	25 Health Books White Board Mad Gab answer sheet Paper	Formative- Observations, Questioning, Discussion Summative- Participation, In-class Student Self - Assessment- Discussion- Individual & whole group
6	Students will- breakdown health skills for building physical, mental, and social health.	1 2 3	PDN Direct Instruction- Lecture of notes, Compare and contrast Interactive Instruction- Small group List of skills to build physical, mental/emotional, social health (Students- write on board)	W  I	25 Health Books White Board Chapter 1 Lesson 1 Powerpoint Paper	Formative- Questioning, Choral Response, Thumbs Up Thumbs Down  Summative- Student Self - Assessment- Discussion, Self-Check

7	Students will recall information from the health triangle presentation. Students will analyze their partner's physical, mental/emotional, and social habits.	3	PDN Small Group Activity-Health Triangle Worksheet Students will recall info and analyze behaviors	S  W	25 Health Books White Board Health triangle worksheet Paper	Formative- Observations, Questioning, Discussion Summative- Participation, In-class Student Self - Assessment- Discussion- Individual & whole group
8	Students will organize information based on the 3 parts of the health triangle.	2	PDN Magazines are used for students to cut out pictures based on their health triangle. Pictures will be assembled on construction paper and hung around the room.	W  S  I	25 Health Books White Board Magazines Construction Paper Scissors Yarn Paper Clips	Formative- Observations, Questioning, Discussion Summative- Participation, In-class Student Self - Assessment- Discussion- Individual & whole group
9	Students will organize information based on the 3 parts of the health triangle.	2	PDN Magazines are used for students to cut out pictures based on their health triangle. Pictures will be assembled on construction paper and hung around the room.	W  S  I	25 Health Books White Board Magazines Construction Paper Scissors Yarn Paper Clips	Formative- Observations, Questioning, Discussion Summative- Participation, In-class Student Self - Assessment- Discussion- Individual & whole group
10	Students will identify the 3 factors that influence health.	1 2	PDN Direct Instruction- Chapter 1 Lesson 2 powerpoint of notes, Compare and contrast Interactive Instruction-What impacts health?	I  W	25 Health Books White Board Chapter 1 Lesson 2 Powerpoint Paper	Formative- Observations, Questioning, Discussion Summative- Participation, In-class Student Self - Assessment- Discussion- Individual & whole group

11	Students will list what they need in order to be healthy based on their lifestyle.	1	PDN Direct Instruction- Chapter 1 Lesson 3 powerpoint of notes, Compare and contrast Interactive Instruction-What impacts health?	W I	25 Health Books White Board Chapter 1 Lesson 3 Powerpoint Paper Health Inventory Wellness Contract	Formative- Observations, Questioning, Discussion Summative- Participation, In-class Student Self - Assessment- Discussion- Individual & whole group
12	Students will list what they need in order to be healthy based on their lifestyle.		PDN Direct Instruction- Chapter 1 Lesson 3 powerpoint of notes, Compare and contrast Interactive Instruction-What impacts health? Health Inventory and Wellness Contract continued	W I	25 Health Books White Board Chapter 1 Lesson 3 Powerpoint Paper Health Inventory Wellness Contract	Formative- Observations, Questioning, Discussion Summative- Participation, In-class Student Self - Assessment- Discussion- Individual & whole group

13	Students will list what they need in order to be healthy based on their lifestyle.	1	PDN Direct Instruction- Chapter 1 Lesson 3 powerpoint of notes, Compare and contrast Interactive Instruction-What impacts health? Health Inventory and Wellness Contract continued	W I	25 Health Books White Board Chapter 1 Lesson 3 Powerpoint Paper Health Inventory Wellness Contract	Formative- Observations, Questioning, Discussion Summative- Participation, In-class Student Self - Assessment- Discussion- Individual & whole group
14	Personal	1		W I		
15	Students will analyze health concerns prevalent among 2 <sup>nd</sup> and 3 <sup>rd</sup> grade students.	1	Computer lab- Email advice project	W I	Computers Chapter 1 Lesson 3 Powerpoint Paper	Formative- Observations, Questioning, Discussion Summative- Participation, In-class Student Self - Assessment- Discussion- Individual & whole group
16	Students will analyze health concerns prevalent among 2 <sup>nd</sup> and 3 <sup>rd</sup> grade students.	1	Computer lab- Email advice project	W I	Computers Chapter 1 Lesson 3 Powerpoint Paper	Formative- Observations, Questioning, Discussion Summative- Participation, In-class Student Self - Assessment- Discussion- Individual & whole group

17	Students will learn how to build and manage health skills.	1	PDN Direct Instruction- Chapter 1 Lesson 4 powerpoint of notes	W I	25 Health Books White Board Chapter 1 Lesson 4 Powerpoint Paper	Formative- Observations, Questioning, Discussion Summative- Participation, In-class Student Self - Assessment- Discussion- Individual & whole group
18	Students will learn how to build and manage health skills.	1	PDN Direct Instruction- Chapter 1 Lesson 3 powerpoint of notes, Meditation activity	W I	25 Health Books White Board Chapter 1 Lesson 4 Powerpoint Paper Meditation clip	Formative- Observations, Questioning, Discussion Summative- Participation, In-class Student Self - Assessment- Discussion- Individual & whole group
19	Students will discuss ways to manage their emotions.	1 3	PDN Inside Out Movie Questions for movie	I W	25 Health Books White Board Chapter 1 Lesson 4 Powerpoint	Formative- Observations, Questioning, Discussion Summative- Participation, In-class Student Self - Assessment- Discussion- Individual & whole group
20	Students will discuss ways to manage their emotions.	1 3	PDN Inside Out Movie Questions for movie	I W	25 Health Books White Board Chapter 1 Lesson 4 Powerpoint	Formative- Observations, Questioning, Discussion Summative- Participation, In-class Student Self - Assessment- Discussion- Individual & whole group
21	Students will utilize notes to complete study guide.	1 3	PDN Study Guide	I W	25 Health Books White Board Study Guide Paper	Formative- Observations, Questioning, Discussion Summative- Participation, In-class Student Self - Assessment- Discussion- Individual & whole group
22	Students will utilize notes to complete study guide.	1 3	PDN Study Guide	I W	25 Health Books White Board Study Guide Paper	Formative- Observations, Questioning, Discussion Summative- Participation, In-class Student Self - Assessment- Discussion- Individual & whole group
23						
24	Students will utilize study guide to complete the chapter 1 test.	1 3	Chapter 1 Test	I	Study Guide Chapter test	Formative- Observations, Questioning, Discussion Summative- Participation, In-class Student Self - Assessment-

						Discussion- Individual & whole group
--	--	--	--	--	--	--------------------------------------