

Unit 1: Health Triangle
6th Grade Health Education
16 Class Meetings

Essential Questions

- How do physical health, mental health, and social-emotional health impact your life?
- How are optimal health and wellness achieved?

Enduring Understandings with Unit Goals

EU 1: A combination of proper nutrition and regular physical activity are needed for optimal health.

- Classify foods within each food group on Choose My Plate.
- Evaluate the relationship between proper nutrition and health.
- Determine how physical activity impacts health.

EU 2: Mental health impacts a person's physical health and overall wellbeing.

- Examine how thoughts, feelings, and emotions impact mental health.
- Generate strategies to promote overall wellbeing.

EU 3: Quality social and emotional health positively affects health and wellness.

- Determine the factors necessary for positive relationships.
- Develop skills to support and maintain social and emotional health.

Health Education Standards

Standard 1: Students will comprehend *concepts* related to health promotion and disease prevention to enhance health.

Standard 2: Students will *analyze the influence* of family, peers, culture, media, technology, and other factors on health behaviors.

Standard 3: Students will demonstrate the ability *to access valid information*, products, and services to enhance health.

Standard 4: Students will demonstrate the ability to use *interpersonal communication* skills to enhance health and avoid or reduce health risks.

Standard 5: Students will demonstrate the ability to use *decision-making skills* to enhance health.

Standard 6: Students will demonstrate the ability to use *goal-setting skills* to enhance health.

Standard 7: Students will demonstrate the ability *to practice health-enhancing behaviors* and avoid or reduce health risks.

Standard 8: Students will demonstrate the ability *to advocate* for personal, family, and community health.

ISAAC Vision of the Graduate Competencies

Competency 1: Write effectively for a variety of purposes.

Competency 2: Speak to diverse audiences in an accountable manner.

Competency 3: Develop the behaviors needed to interact and contribute with others on a team.

Competency 4: Analyze and solve problems independently and collaboratively.

Competency 5: Be responsible, creative, and empathetic members of the community.

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Unit Content Overview

1. Physical Health

- Classify foods groups.
- Evaluate nutrition and health.
- Determine the importance of physical activity.
- Vocab & Key Terms: Nutrition, Grains, Carbohydrates, Protein, Fats, Calories

2. Mental Health

- Examine thoughts, feelings, and emotions.
- Generate personal strategies for wellbeing.
- Vocab & Key Terms: Positive Stress, Negative Stress, Regulation, Depression, Anxiety

3. Social Emotional Health

- Determine factors for positive relationships.
- Develop skills to support and maintain social and emotional health.
- Vocab & Key Terms: Healthy Relationships, Unhealthy Relationships, Peer Pressure.

4. Interdisciplinary Connection: Advisory Curriculum: Mental Health, stressors, positive relationships.

Daily Learning Objectives with *Do Now Activities*

Students will be able to...

- Compare and contrast the three areas of the health triangle*
- Differentiate and describe the five food groups using Choose My Plate*
- Formulate a plan to improve personal physical activity and nutrition*
- Evaluate and illustrate the impact stress has on mental health*
- Examine and demonstrate how to develop positive relationships*
- Create and prepare a presentation on how to improve one or more areas of the health triangle*****

EL Instructional Strategies/Differentiated Instruction

- Whole group instruction
- Checking for Understanding
- Demonstrations
- Handouts
- Video
- Peer Teaching
- Whiteboard with objectives, key terms/vocabulary
- Written feedback

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- Think-pair-share and small-group discussions.
- Homework
- Word walls with visuals
- Small group instruction

Assessments

FORMATIVE ASSESSMENTS:

- Pre-Assessment
- Do Now
- Student discussions and responses
- Exit Slips
- Accountable Talk Discussion
- Classwork assignments

SUMMATIVE ASSESSMENTS:

- Performance Task- Health Triangle Presentation

Unit Task

Unit Task Name: Health Triangle Presentation

Students will create a presentation on how they have improved their Physical, Mental, and Social Emotional health (EU 1, 2, 3). Students must describe the benefits of what they did in each of the three health areas and how it positively impacts their wellbeing now and in the future by creating a google slides presentation.

Description: Evaluation: Summative Assessment guidelines and Rubric

Unit Resources

- CDC-Mental Health
- CDC-Physical Health
- CDC- Social Emotional Health
- SHAPE America
- Choose My Plate