

7th Grade Health Education – Dimensions of Wellness

Illinois State Standards

22 Understand principals of health promotion and prevention and treatment of illness and injury.

23 Understand human body systems and factors that influence growth and development.

C.C.W.5.3 Text type and purposes writing a narrative.

Performance Descriptors

22D.f. 2 Identify people within the school who can aid with health related issues and explain the process/procedures for seeing them.

23B.h.4 Discuss the health risks of fad diets and eating disorders (anorexia, bulimia, overeating).

23B.f.3 List choices that have a positive influence on health (protective factors).

23B.f.4 List choices that have a negative influence on health (risk factors).

23C.f.5 Identify the roles significant people in an individual's life play in providing a mental, emotional and social support system.

23C.f.9 Recognize the effects of personal health practices/choices on physical, mental, emotional and social well-being.

Transfer goals: Students will be able to independently use their learning to...

Self-assess and make changes to their current state of wellness to increase longevity and quality of life.

Knowledge: Students will know...

7 Dimensions of Wellness (Social, Physical, Mental/Emotional, Career, Intellectual, Environmental, Spiritual.)

Risk factors and protective factors for physical, mental/emotional and social dimensions.

Where to get support within their school and community for each dimension of wellness.

The process/procedure for seeking help in their school.

What depression is and the affects it has on mental /emotional wellness.

The three types of eating disorders (anorexia, bulimia, and binge eating/compulsive overeating).

Skill: Students will be able to...

Analyze their level of wellness in each dimension based on self-assessment.

Write a narrative to convey their knowledge in regards to their levels of wellness.

Identify risk factors and protective factors.

Identify sources of support for improvement of wellness.

Identify warning signs of depression and suicide in self and peers.

Identify school and community resources to get help for depression and suicide.

Understandings: Students will understand that...

Personal wellness is made up of 7 dimensions that are always changing based on choices.

There are people within their school that can help support each dimension of wellness.

Essential questions: Students will keep considering...

How can I improve my personal wellness?

How do my choices impact my level of wellness?

What resources do I have access to for guidance and support in regards to my wellness?

Performance Task:

Analyze the 7 Dimensions of Wellness and how they affect your current state of health.