

8th Grade Health Education – Dimensions of Wellness

Illinois State Standard

22 Understand principles of health promotion and the prevention and treatment of illness and injury.

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

24 Promote and enhance health and well-being through the use of effective communication and decision-making skills.

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

Performance Descriptors

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

23C.g.10 Investigate the impact that significant people have on the health, choices/lifestyles of others.

23C.i.3 Explain the long-term effects of stress on physical, mental, emotional and social health.

23C.i.11 Discuss how health-related choices made today can affect a person's physical, mental, emotional and social growth and development in the future

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...

3 Wellness Concepts (Physical, Mental/ Emotional, Social) and how they impact one another.

What influences your wellness.

Top leading causes of death in teens.

The impact personal strengths and weaknesses have on the other dimensions of wellness.

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

The process/procedure for seeking help in their school.

Understandings: Students will understand that...

Personal wellness is made up of 4 dimensions that have an impact on one another and are always changing.

There are people within their school, family and community that can help support each dimension of wellness.

Current levels of wellness based on wellness inventory.

SMART goals are important for their personal wellness.

Skill Students will be able to...

Analyze their current level of wellness in each dimension and how each level impacts the other dimensions.

Write a narrative to convey their knowledge in regards to their current levels of wellness and how they impact one another.

Identify risk factors and protective factors.

Identify sources of support for improvement of wellness.

Essential questions: Students will keep considering...

How can I improve my personal wellness?

How do my choices impact my level of wellness?

How do my strengths and weaknesses in each dimension impact the other dimensions?

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

Performance Task: Students will analyze their wellness self-assessment and write a personal reflection that identifies 3 things students learned from each of the 3 dimensions and a solution for improvement.