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| **Daily Agenda** |  |  |  |  |  |
| **Unit Vocabulary: lifestyle disease, risk factor, sedentary, health, value, wellness, health literacy** |
| **Learning Target** | **I can:** distinguish between controllable and uncontrollable risk factors. | **I can:** name two ways to improve the physical, emotional, and social components of my health. | **I can:** describe each of the components of health. |  |  |
| **Common Core/ Quality Core** | **Students will:**  explore family history, environment, lifestyle and other risk factors related to the cause or prevention of disease and other health problems | **Students will understand that:** the environment, lifestyle, family history, peers and other factors impact physical, social, mental and emotional health | **Students will understand that:** the environment, lifestyle, family history, peers and other factors impact physical, social, mental and emotional health |  |   |
| **Instructional Practices** | Individual work, partner work | Direct instruction, Individual work | Direct instruction, individual work, group project |  |  |
| **Bell Ringer****Activities/ Assignments** | Complete health IQ🡪pg. 4*Take notes over chap. 1 sect. 1**🡪focus on obj. and key terms*Complete sect. review🡪pg. 10 (3-10) | Build foldable*Take notes on foldable**🡪health, physical, emotional, and social health*Work on foldable | Rate your physical, emotional, and social health 🡪1=poor  5= excellent*Finish foldable**🡪mental, spiritual, value, environmental, wellness, influences*Groups will complete poster over component of health |  |  |
| **Intended Homework** | Practice Health Skills, Study Vocabulary, Read Health NEWS articles online | Practice Health Skills, Study Vocabulary, Read Health NEWS articles online | Practice Health Skills, Study Vocabulary, Read Health NEWS articles online |  |  |
| **Accommodations** | Modeling, direct instruction, extended time, one-on-one conferencing, paraphrasing, visual/verbal-prompting/cueing |
| **Assessment:**\*Formative-F\*Summative-S | F – Sect. Review | F – Foldable progress | F - Poster |  |  |

**Lesson Plans**: Health 1 **PLC Members**: Whitehouse/Roach **Unit**: Health & Wellness **Dates:**