

Healthy Kids



What is health?

Topic: What is Health?

NYS Standard 1: Personal Health and Fitness

Students will understand human growth and development and recognize the relationship between behaviors and healthy development. They will understand ways to promote health and prevent disease and will demonstrate and practice positive health behaviors.

Objective: Students will define health/wellness and they will list various events that affects all three aspects of their health.Students will also analyse how each aspect of health affects the other.

Duration: One 45 minute class period

Grade Level: 8

Procedure for Day One

1. Have index cards placed on a table in the front of the classroom. You should also have a copy of the worksheet shown on slides #7 and #8.
2. Have slide #4 showing as students enter the room and instruct them to read the directions on the board and follow them.
3. After students place completed cards in class folder. Go through and begin reading their definitions to them aloud without stating the author's name. (I have found that most students will write the definition including only the physical aspect of health. Most do not include any mental or social aspects in their definitions.)
4. Next pass a worksheet out to each student. Then go to slide #6 and have them copy the extra notes onto their worksheet, (slide #7), as you describe the *wellness* definition of health. Ask them the things in **their** world that effect their health and then encourage them to see the connection of how that one event affects all three aspects of their health.
5. Finally, have them create their own examples of life events and the effects these events have on the three aspects of health. Use the worksheet to assist them on slide #8.

Materials/Web Resources:

- Index cards for each student
- Copies of slide # 7 and #8 on worksheets for each student
- SmartBoard and accessories (ie. speakers)

Assessment:

The students will complete a written assignment slide #8 showing their level of understanding .

Step One: Get a blank index card from the front table.

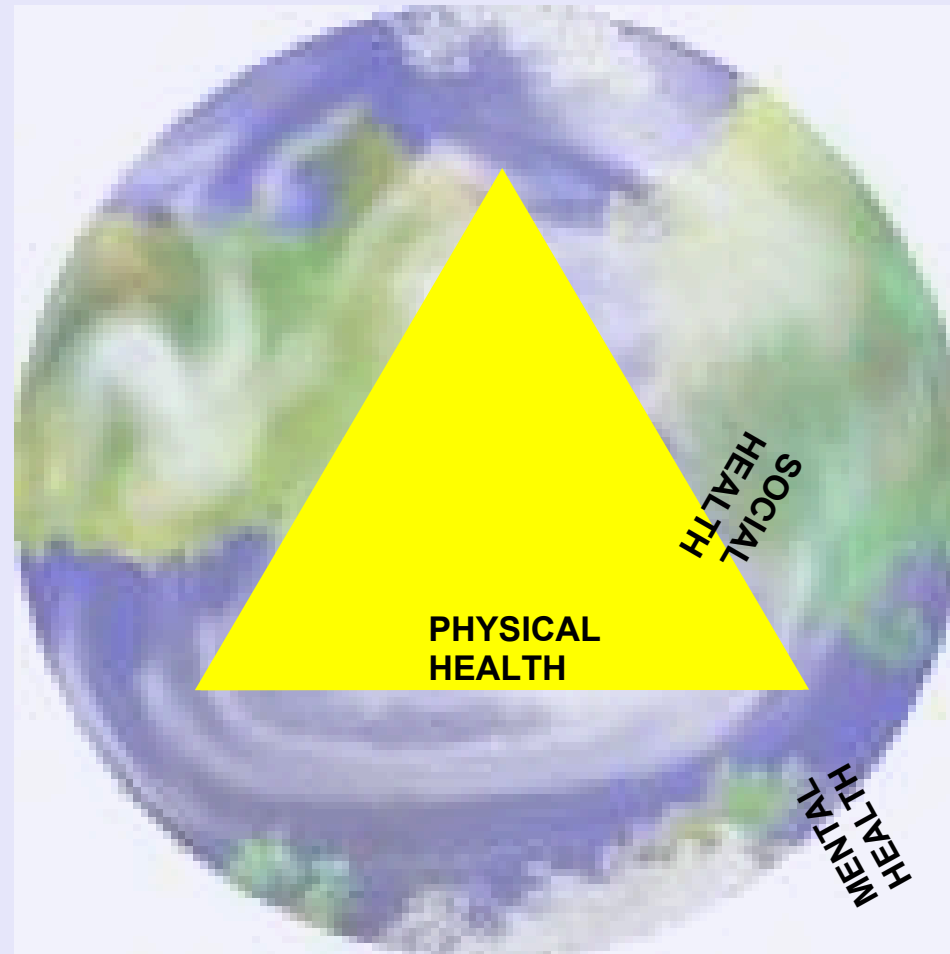
Step Two: Write your first and last name on the red line at the top of the card.

Step Three: Using complete sentences, answer the following question.

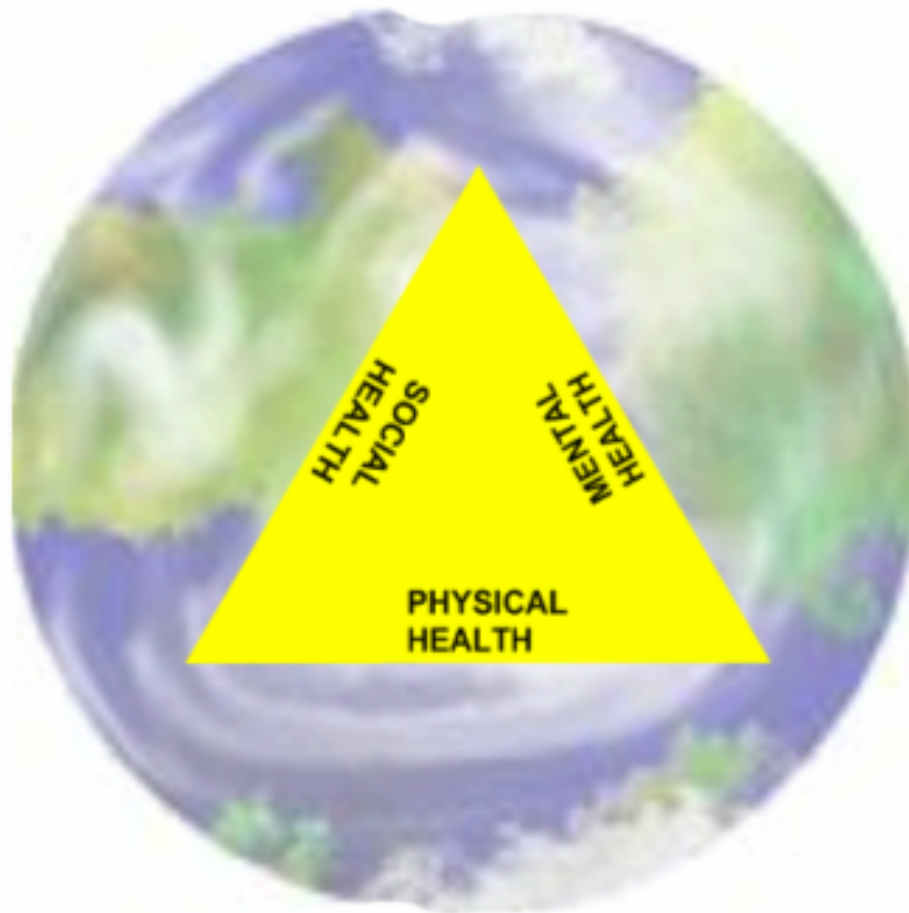
What does it mean to be healthy?

Step Four: Place the index card in the class folder.

The three aspects of health are physical, mental and social. They all must be balanced to obtain a state of wellness.



It is also important to understand that if something effects one aspect of health, it will ultimately effect all three aspects.



List three examples of how something in your world affects all three sides of your health.

Example:

Drug Addiction

Physical – It deteriorates your physical body and does a lot of damage to vital organs.

Mental – It makes you unable to deal with everyday emotions or stress.

Social – It destroys your relationships with family and friends.

1. _____

Physical –

Mental –

Social –

2. _____

Physical –

Mental –

Social –

3. _____

Physical –

Mental –

Social –