6th Grade Health 9/10/19

EQ: How balanced is my health?

CW: Health Triangle

HW: Signed Syllabus and bike safety forms due Thursday 9/12

Agenda

1. Question of the day
2. Health Triangles

Open Ended Question

Write silently for two minutes: What would you do if you won the lottery?

Please enter your answer here.

Class Rules

1. Listen and Follow Directions
2. Raise your hand before speaking or leaving your seat
3. Keep hands, feet, and objects to yourself
4. Respect your classmates and your teacher

Classes

- AVID
- Health
- Homework
- Marine Biology
- Nearpod
- Science

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iPads

- Bring to class EVERY day
- When not in use – put in bins
- 3 Strike rule – this is across all classes

iPad Expectations

1. You are expected to have a charged iPad everyday
2. Not having a charged iPad will result in an iPad strike. May also result in lunch detention to make up missed work

How can I borrow iPad stylus

1. One person at each group will get your groups cup at my direction.
2. Use only stylus from you cup.
3. One person from each group will return stylus
(We will not be using them everyday)

Partner Share

Turn to your neighbor and explain the iPad expectations and consequences

Academic Language

- The words I expect to hear you use today are:
  - Physical Health
  - Mental/Emotional Health
  - Social Health
  - Health Triangle
  - Wellness

What is health?

- Health is a combination of physical, mental, emotional, and social well-being.
  - Physical health = the condition of your body.
  - Mental and emotional health = your thoughts and feelings.
  - Social health = the way you relate to other people.

Part 4: Posters

The Health Triangle

Create a health triangle poster that explains the three areas of health.

1. Divide the triangle into three sections (one for each area/component of health).
Physical Health, Mental/Emotional Health and Social Health

2. Label and provide examples for each area of health.

Provide at least three healthful behaviors that you participate in, in each side of the triangle (i.e., physical health: exercise, physical exams, staying drug free, etc.)
You may color pictures or write out.

Part 5

Think about it...

- Is there one area that you are strong in?
- Is there one area that you need to work on?

To Summarize

- Write three sentences on what you can do to improve your health and balance your triangle.