



Teaching Progression:



Step 4: Look Back & Learn

REFLECTION QUESTION(S):

- How did the health practice improve my health?
- When should I make sure I use this health practice?
- Where should I make sure I use this health practice?
- What might happen if I do not use this health practice regularly?

VALUABLE VOCABULARY:

improve

GUIDING QUESTIONS:

How can practicing health practices improve my health?

NHES PERFORMANCE INDICATORS:

- (7.5.2) Demonstrate a variety of healthy practices and behaviors to maintain or improve personal health.
(7.5.3) Demonstrate a variety of behaviors to avoid or reduce health risks.



SUGGESTED LEARNING ACTIVITY 1:

After students have had time to demonstrate their selected health practice, have students reflect on how using the health-practice has enhanced their personal health or helped them prevent things that are unhealthy.

Ask students questions that will help them understand the importance of looking back on their health behaviors and learning from them. For example, ask the following questions:

- How did the health practice improve my health?
- When should I make sure I use this health practice?
- Where should I make sure I use this health practice?
- What might happen if I do not use this health practice regularly?

TEACHING NOTES:

- Provide many opportunities for students to answer these questions.
- Allow students to reflect in a variety of modes, including: through drawing, writing, partner discussion, whole-class discussion, and one-on-one conferencing.
- Model this reflection process for a health practice you have used in the past. For example, if you taught students about using a tissue when they have a runny nose, explain how you will remember to use a tissue next time you are sick by keeping the answers to the questions above in mind.