



Teaching Progression:



Step 1: Monitor Behavior

SUB SKILL(S):

- Assess personal health status
- Identify areas of growth

GUIDING QUESTIONS:

How can I best understand my current health status? How does understanding my health status help me create goals?

NHES PERFORMANCE INDICATORS:

(6.12.1) Assess personal health practices and overall health status. (6.12.2) Develop a plan to attain a personal health goal that addresses strengths, needs, and risks. (6.12.4) Formulate an effective long-term personal health plan.

VALUABLE VOCABULARY:

formulate,
assess

Step 1: Monitor Behavior | Sub Skill: **Assess Personal Health Status**



SUGGESTED LEARNING ACTIVITY 1:

Create a health assessment for students in your classroom. Provide students with the health assessment form and task them with completing the assessment. See the *Resource Bank* below for health assessment resources. Prompt students to complete the form based on their own knowledge of themselves.

TEACHING NOTES:

- See the *Resource Bank* below for health assessment resources.
- Allow students ample time to work through their health assessment independently.
- Pick a health assessment based on student need and support students in completing the health assessment as necessary.



Teaching Progression: Step 1 | Monitor Behavior (Cont.)

Step 1: Monitor Behavior | Sub Skill: Identify Areas Of Growth



SUGGESTED LEARNING ACTIVITY 2:

Have students review their health assessment, identifying growth opportunities for their overall health status. Ask students to note several areas of their health they wish to improve, using the health assessment as a resource. Have students write a description of how their selected growth areas can support the improvement of their health.

TEACHING NOTES:

- Model and provide *Language of Health Literacy* to support student analysis of their health assessment.

Language of Health Literacy:

*I want to improve _____ (behavior)
because _____.*

*Focusing on _____ will help me improve
my life because _____.*

*_____ is an area of my health I want to
improve because _____.*

*By improving _____, I will be able to
_____.*



SUGGESTED LEARNING ACTIVITY 3:

To allow students to monitor their behaviors outside of a formal assessment, prompt students to think about an area of their health or life they wish to improve. Ask students to share this area and why they want to improve this area of their health.

TEACHING NOTES:

- Define health broadly. For example, academic success or interactions with friends can be tied to health.
- Example Areas of Growth: improving grade in Math, increasing the amount of fruits and vegetables they eat on a regular basis, increasing physical activity, earning more freedoms or responsibilities at home,