



## Teaching Progression:



### Step 4: Look Back & Learn

#### REFLECTION QUESTION(S):

- Did the health practice help me?
- How did the health practice help me be healthy?
- How did the health practice help me stay healthy?
- What other health practices do I need to learn to help me be healthy?

#### GUIDING QUESTIONS:

How did my health improve when I practiced health actions?

#### NHES PERFORMANCE INDICATORS:

(7.2.1) Demonstrate healthy practices and behaviors to maintain or improve personal health. (7.2.2) Demonstrate behaviors that avoid or reduce health risks.

#### VALUABLE VOCABULARY:

*improve,  
reflect,  
practice*



#### SUGGESTED LEARNING ACTIVITY 1:

After students have had time to demonstrate the teacher-selected health practice, have students reflect on how using the health practice has enhanced their personal health or kept them safe.

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:

- Did the health practice help me?
- How did the health practice help me be healthy?
- How did the health practice help me stay healthy?
- What other health practices do I need to learn to help me be healthy?

#### 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.