

Health Education 2 - Backward Design

Assessment for: Healthy Self

<i>The student will be expected to:</i>			
Outcome	What does it mean?	How will I know students get it?(assessment)	How will I get there?(activities)
demonstrate an understanding that the brain controls thoughts, feelings, and behaviours and that emotions can be felt in a positive or negative way			
<ul style="list-style-type: none"> demonstrate and practise safety precautions and basic first aid skills within a variety of contexts 			
<ul style="list-style-type: none"> demonstrate an understanding that decisions they and others make have positive and/or negative outcomes 			
<ul style="list-style-type: none"> recognize the health benefits of being physically active and identify how and when they can be 			

physically active for at least 30 minutes each day			
• recognize the impact that video gaming may have on leisure time and recreational activities			