

Health Education 4 - 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)
<ul style="list-style-type: none"> describe the physical and emotional changes that take place during puberty 			
<ul style="list-style-type: none"> differentiate between gender roles and gender identity 			
<ul style="list-style-type: none"> demonstrate an awareness that values are an integral part in making healthy decisions and fostering healthy behaviour 			
<ul style="list-style-type: none"> differentiate between anxious feelings that we all have and signs of anxiety that are more serious, and identify people who can help 			
<ul style="list-style-type: none"> identify personal motivation factors 			

that lead to participation in regular physical activity and the importance of balancing physical activity with quiet sedentary leisure activities			
<ul style="list-style-type: none">• demonstrate an understanding that children need at least 30 minutes of vigorous activity and 60 minutes of moderate activity each day for optimal growth and development			