

Health Education 6 - 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"> <li>• demonstrate an understanding of the link between positive self-identity and enhanced capacity to make healthy decisions</li> </ul>                     |                    |  |                                   |
| <ul style="list-style-type: none"> <li>• investigate the concept of sexuality and sexual health</li> </ul>  |                    |  |                                   |
| <ul style="list-style-type: none"> <li>• describe the most common sexually transmitted infections for youth</li> </ul>  |                    |  |                                   |
| <ul style="list-style-type: none"> <li>• demonstrate an awareness that personal needs for physical activity may change for girls and boys as they develop physically and emotionally</li> </ul> |                    |  |                                   |
| <ul style="list-style-type: none"> <li>• identify and practise health enhancing ways to manage feelings and changes associated with the onset of puberty</li> </ul>                             |                    |  |                                   |
| <ul style="list-style-type: none"> <li>• differentiate between internal and</li> </ul>  |                    |  |                                   |

|  |  |  |  |
|--|--|--|--|
| external cues of hunger and satiety and suggest techniques for mindful eating  |  |  |  |
| • describe the role of physical activity and healthy eating in maintaining healthy weight and preventing chronic disease |  |  |  |
| • assess total minutes of moderate and vigorous activity during school compared to after school and weekends             |  |  |  |
|  |  |  |  |