

# **HPE Activities and Assessments Task Force**

## **High School Health**

**Lesson Title:** Life Management Skills

**Objective:**

Students will choose behaviors that demonstrate healthy life-management skills.

**Grade Level:** 9-12

**Grade-Level Expectations for Health:**

ME4A9-12,

ME4E9-12

FS2A9-12

FS2B9-12

FS2C9-12

**Content Standard(s):** HPE 2, 3, and 5

**Process Standard(s):** 1.4, 1.5, 2.1, 3.2, 3.3, 3.7, 3.8, 4.1, 4.7

**Time needed to Teach this Lesson/Unit:** 3-4 class periods, each at 45 minutes

**LEARNING TARGETS:**

1. Students will appropriately apply the decision making process to personal issues and problems.
2. Students will recognize and respond to potential destructive behaviors.
3. Students identify protective factors that help foster resiliency.

**LESSON DESIGN:**

1. Provide student pairs or small groups with conflict scenarios. Select two or three student groups to role play the scenarios and portray the resolution to the given conflict. After each group portrays their scenario they explain why they resolved the conflict in the manner they chose.
2. Provide instruction on an appropriate decision-making model (such as the 6-step decision-making process). As a class compare the role-played scenarios with the decision-making model. Ask the students how they could modify their conflict resolution decisions based on the model provided. Have all student groups perform their conflict resolution role plays and explain how they demonstrate all steps of the decision-making process.

**ASSESSMENT:** Teacher observes and evaluates the student role play situations using the rubric provided.

**DIFFERENTIATED INSTRUCTION:**

Have students create their own scenarios and role play

**Technology and Materials Needed:** None

**Resources:**

Decision-making model (teacher's choice) (Heit and Meeks **Health and Wellness book**-6 step decision-making model,

[www.glencoe.com/sites/common\\_assets/workbooks/health/meeksINhw01r.pdf](http://www.glencoe.com/sites/common_assets/workbooks/health/meeksINhw01r.pdf))

Local community resources such as Hotlines, Shelters, health clinics, police

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