



Teaching Progression:



Step 2: Choose a Skill or Strategy

SUB SKILL(S):

- Choose a health practice
- Research a health practice

GUIDING QUESTIONS:

What health practice can I use to improve my health? How can I demonstrate health practices that improve my health?

NHES PERFORMANCE INDICATORS:

(7.5.2) Demonstrate a variety of healthy practices and behaviors to maintain or improve personal health. (7.5.3) Demonstrate a variety of behaviors to avoid or reduce health risks.

VALUABLE VOCABULARY:

*explain,
demonstrate,
maintain,
improve*

Step 2: Choose a Skill or Strategy

Sub Skill: Choose A Health Practice



SUGGESTED LEARNING ACTIVITY 1:

Have students review their health practice cards. Have students stand, holding their health practice cards. Tell students to walk and mingle with their classmates around the room, trading individual cards of their own with one from a classmate as they encounter each other. Once a health practice card is traded, prompt students to view the image and read the description on the back. Before mingling again, have students connect the health practice to the areas of health they identified in Step 1 that they hope to improve. If students think the health practice will help them improve the area they identified in Step 1, have students write down this health practice. Have students mingle while trading cards in this way until students are holding health practice cards from various students and have had an opportunity to add health practices to their lists from Step 1.

Language of Health Literacy:

_____ (health practice) will improve my health because _____.

I need to be better at _____ (health practice) because _____.

I need to learn _____ (health practice) because _____.



SUGGESTED LEARNING ACTIVITY 2:

Have students review the health practice cards they identified that would help improve the area of health identified in Step 1. Prompt students to consider their daily lives and whether the health practices they



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identified could be used. Explain to students that they will select a health practice from the array of cards in front of them to later demonstrate. Allow students time to consider and select a health practice from their array of cards. Conference with students in small groups as they are considering their selection.

Use the questions below as a guideline for the small group conferences:

- How will this health practice improve your health?
- How comfortable are you in trying to learn this health practice?
- How can you determine which health practice to select for your demonstration?
- How might you demonstrate this health practice in the classroom?

Step 2: Choose a Skill or Strategy Sub Skill: Research a Health Practice



SUGGESTED LEARNING ACTIVITY 1 :

Explain to students that they will build an understanding of their selected health practice to ensure they understand what is required to practice it properly. Allow students independent research time and resources to utilize, such as textbooks, internet websites, previous health skill models, or adult support for students to utilize as they build their understanding of their health practice. Task students with documenting their research in a format best-suited for your classroom procedures.

TEACHING NOTES:

- Be sure to conference with students, either independently or in small groups, throughout this research time. Use the questions below as guidelines during each conference:
 - What information do you need in order to best demonstrate this health practice?
 - How can your research enhance your demonstration?
 - Where can you find the information you need for this health practice?
 - How is your newly researched information going to show up in your demonstration?
 - What steps must be taken to properly demonstrate the health practice?
 - How long and/or how often does the health practice take to practice adequately?
 - What specific products must be used in order to demonstrate the health practice?
 - Where and when is the best place to use the health practice?
- Remind students of previous health skills to support a stronger demonstration of their selected health practice. Provide information of other health skills as a reminder to students during the research segment.
- Example of Student Research: If selecting the health practice of sunburn prevention, students will need to learn and practice how to search for and find a sun protection cream that blocks significant sun rays, how to apply sunblock appropriately to exposed skin, how long to wait before stepping into the sun, and when to reapply the sun protection cream.



See *Access Valid & Reliable Resources* for guidance on supporting student research and ability to assess information while researching health practices.