



Teaching Progression:



Step 2: Choose a Skill or Strategy

SUB SKILL(S):

- Define health practice
- Choose a health practice or strategy
- Research a health practice, skill, or strategy

GUIDING QUESTIONS:

What health practices can I do in my daily life?
How do my responsibilities connect to my daily health practices?

NHES PERFORMANCE INDICATORS:

(7.8.2) Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others. (7.8.3) Demonstrate behaviors to avoid or reduce health risks to self and others.

VALUABLE VOCABULARY:

*improve,
demonstrate,
skill, strategy,
practice,
research*

Step 2: Choose a Health Skill or Strategy

Sub Skill: Define Health Practice



SUGGESTED LEARNING ACTIVITY 1:

Define *health practice* for students. A *health practice* is *an action an individual does to support or maintain their health*. Highlight the different health practices they have learned throughout the year. Then, ask students to share out examples from their own life of health practices they use to support or maintain their health.

TEACHING NOTES:

- Utilize the definition in *Background Information* on page 1 and examples in the *Resource Bank* below as support or other definitions that meet the needs of your classroom.
- Provide examples of health practices to support student understanding, such as using coping strategies when upset or anxious, wearing a helmet when riding a bike, making health snacks, etc.



Teaching Progression: Step 2 | Choose a Skill or Strategy (Cont.)

Step 2: Choose a Skill or Strategy

Sub Skill: Choose A Health Practice, Skill, Or Strategy



SUGGESTED LEARNING ACTIVITY 1 :

Once students have an understanding of a health practice, have them select one of their responsibilities listed in Step 1 that includes a health practice.

Provide students with examples of health practices based on the responsibilities they listed. Tell students that their health practice must be one they can demonstrate for the teacher. Provide students with time to select a responsibility and connected health practice. They will focus on this health practice for the remainder of the step.

Language of Health Literacy:

To improve my health, I am going to learn to _____ because _____.

To be more responsible for _____, I am going to make sure I _____ because _____.

TEACHING NOTES:

- Health practice example: If a student listed cleaning the kitchen after dinner as their responsibility, offer hygiene and disinfection processes as the health practice that is included within the responsibility.
- If students are not sure of which health practice they should select, provide a list or time for students to research.
- As students work to identify their health practice, conference with individuals or small groups. In these conferences, ask students why they have selected that particular responsibility and connected health practice as a focus.
- Be sure to conference with all students prior to moving on to Step 3. Use the following questions as guidelines for these conferences:
 - What responsibility have you identified as a focus?
 - What health practice connects to your selected responsibility?
 - How might you demonstrate this health practice in the classroom or at school?
 - Why is this health practice one you wish to demonstrate?
 - Are there other possibilities for demonstrating this health practice?
 - What steps will you need to show in order to demonstrate this health practice?



Teaching Progression: Step 2 | Choose a Skill or Strategy (Cont.)

Step 2: Choose a Skill or Strategy

Sub Skill: Research Health Practice Or Strategy



SUGGESTED LEARNING ACTIVITY 1 :

Provide students time to research the way to demonstrate their selected health practice. Explain to students they should look for easy to follow steps or information to help them to create their own steps.

TEACHING NOTES:

- As students research their health practice, conference with students. Use the following questions as guidelines for these conferences:
 - What have you learned about your health practice?
 - How did you select these steps for your health practice?
 - How do you know these are the best steps for you?
 - Are there other possibilities or ways to develop this health practice?



See *Access Valid & Reliable Resource* for guidance on supporting students to locate helpful resources.