



Teaching Progression:



Step 2: Choose a Skill or Strategy

SUB SKILL(S):

- Select a health practice, skill, or strategy
- Research a health practice, skill, or strategy

GUIDING QUESTIONS:

Which health practices support the growth of my responsibilities over time?

NHES PERFORMANCE INDICATORS:

(7.12.2) Demonstrate a variety of healthy practices and behaviors that will maintain or improve the health of self and others. (7.12.3) Demonstrate a variety of behaviors to avoid or reduce health risks to self and others.

VALUABLE VOCABULARY:

*demonstrate,
self-management,
health practice,
maintain,
prevent*

Step 2: Choose a Skill or Strategy

Sub Skill: **Select a Health Practice**



SUGGESTED LEARNING ACTIVITY 1:

Task each student with selecting a health practice from their current responsibilities list that they can demonstrate in the classroom. Explain to students that they will demonstrate their health practice in a Health Practices Fair, offering opportunities for their classmates to try the same health practice with their direction. Have students work independently in the health practice selection process. Once selected, task students with writing a short statement that describes the reasoning behind their health practice selection, including the connection the health practice has on future responsibilities.

Language of Health Literacy:

I chose to demonstrate the health practice _____ because _____.

My selected health practice, _____, allows me to demonstrate _____.

The responsibility of _____ connects to the health practice _____.

TEACHING NOTES:

- Model and provide the *Language of Health Literacy* above to support student responses.



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

Step 2: Choose a Skill or Strategy

Sub Skill: Research a Health Practice



SUGGESTED LEARNING ACTIVITY 1 :

Have students research all elements (e.g. options, steps, evidence of effectiveness) of their selected health practice in order to fully understand how to demonstrate and master the practice. Students should work independently using resources provided and available to them.

Language of Health Literacy:

I will demonstrate my ability to _____.

In order to improve my health, I will demonstrate my ability to _____ because _____.

TEACHING NOTES:

- Conference with students in small groups throughout work time as a way to check individual progress and offer assistance as needed.
- Use the following questions as guidelines during conferences and add questions as needed by your students:
 - Which health practice have you selected?
 - How does your health practice connect to your current responsibilities?
 - How will you demonstrate this selected health practice?
 - What brought you to select this health practice?
 - Do you believe this is a health practice you have mastered? How do you know?
 - What connection does this health practice have on your future responsibilities?



See *Access Valid & Reliable Resources* for guidance on researching valid and reliable health resources they can use to learn about health practices or strategies..