




Unit Planning - KDU			
CORE COMPETENCIES COMMUNICATION  <p>Acquire, interpret and present information: I present information clearly and in an organized way.</p>		CORE COMPETENCIES THINKING (CRITICAL/CREATIVE)  <p>Question & Investigate: I can ask open-ended questions and gather information.</p>	
CORE COMPETENCIES (PERSONAL/SOCIAL) 			
CURRICULAR COMPETENCIES	BIG IDEA (Understand...)	What do we want students to DO? (Activities, lessons...)	Content (& Elaborations) (Know)
<p>Describe how students' participation in physical activities at school, at home, and in the community can influence their health and fitness</p> <p>Explore strategies for promoting the health and well-being of the school and community</p> <p>Describe and assess strategies for promoting mental well-being, for self and others</p> <p>Describe and assess strategies for managing problems related to mental well-being and substance use, for others</p>	<p>START HERE 1/2</p> <p>Healthy choices influence our physical, emotional, and mental well-being.</p>	<p><i>Questions to support inquiry with students:</i></p> <p>How do we define health? What different kinds of health are there? Where can we find this information?</p>	<p>effects of different types of physical activity on the body</p> <p>sources of health information</p> <p>signs and symptoms of stress, anxiety, and depression</p>
	<p>Evidence of Experience (Show)- START HERE 2/2</p> <p>Create an Adobe Voice presentation that answers the question: "Am I a healthy person?", including the following facets of health: physical health, mental health, behavioural health (sleep, stress), nutritional health. This forms the base for reflective conversations.</p>		