

Health

K-12 Enduring Understandings and Essential Questions

Wallingford Public Schools

Approved By Physical Education, Health, and Safety Management Team on September 11, 2007.

| ENDURING UNDERSTANDINGS | ESSENTIAL QUESTIONS |
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| <ul style="list-style-type: none"> • Personal choices impact current and long term outcomes on individuals, family and society. • Mental and emotional health effects a person’s physical health and overall well being. • Assertive communication skills enhance health by avoiding and/or reducing health risks. • Accessing and evaluating health information, products and services will improve a person’s ability to make healthy decisions and ones quality of life. • Recognizing risk factors and applying risk reducing strategies can prevent health consequences. • Individuals need to express his/her sexuality in ways that are both healthy and responsible. • Understanding puberty helps to facilitate the emotional transition from childhood to adolescence. • Everyone has special and unique qualities. • Individuals embrace diversity as contributing members of a larger community. | <ul style="list-style-type: none"> • How and where can I locate health resources? • What can I do to avoid or reduce health risks? • What influences my behaviors and decisions? • How can assertive communication skills help me to develop a healthy lifestyle? • What do I need to know to make good decisions and stay healthy? • How can I make good decisions and stay healthy? • How can goal setting enhance and improve my health? • How can I promote accurate health information and behavior for myself and others? • How and where can I seek help? • How does my behavior reflect my personal choices? • What can I do to prevent and resolve conflict? • How can communication enhance my personal health and develop positive relationships? • How do a person’s unique talents contribute to a larger community? |