

Weeks

Massachusetts Performance Standards

The students will:

- 5.2 – Apply methods to accommodate a variety of feelings in a constructive manner in order to promote well being.
- 5.5 – Explain and practice a model for decision-making that includes gathering information, predicting outcomes, listing advantages and disadvantages, identifying moral implications, and evaluating decisions.
- 5.6 – Explain how coping skills positively influence self-concept.
- 5.7 - Identify and describe the experience of different feelings and how feelings affect daily functioning.
- 5.11 Analyze healthy ways to express emotions and to cope with feelings, including the common causes of stress, its effects on the body, and managing stress.
- 5.18 – Identify ways in which decision-making is influenced by sound character, family, and personal beliefs.
- 5.19 – Explain positive techniques for handling difficult decisions.

UNIT

Life Skills

Objectives (Students will...)

1. Have the ability to make informed and responsible decisions.
2. Have an increased awareness of the influence the media has in shaping attitudes and behaviors
3. Have an increased ability to cope with anxiety and anger.
4. Improve general social skills
5. Increase general assertive skills

Essential Question

What physical, social, and emotional benefits will you get from gaining further knowledge in life skills?

Mission and Expectations

Health & Wellness

- Understands the fundamental wellness and fitness concepts and the skills which foster healthy habits and behaviors
- Make healthy –enhancing decisions by assessing risks and considering potential consequences.

Autonomous Learning Skills

- Takes responsibility for his/her learning
- Is a lifelong learner
- Can set priorities and identify

Personal and Social Responsibility

- Takes responsibility for his/her learning
- Respects himself/herself and others

Teacher Resources

1. Health & Wellness Textbooks
2. Life Skills Teacher’s Manual

Media and Technology Resources

1. www.discoveryeducation.com
2. PowerPoint Lessons

Evaluation/Activities

Lecture/Demonstration: Each concept/topic will be introduced by the teacher using any resources that are available.
Class work: To be done on each topic/concept as needed for understanding.
Homework: To be given daily on each introduced topic as determined by the teacher.
Review: All weekly concepts will be reviewed and connections to concepts should be made by the students.
Quiz: Formal assessments will be given as warranted by the curriculum.

Lesson Completion Date:

Technology Used/ Date Used:

Completed By:

Comments:

Week 2

Performance Standards

The students will:

**Unit/Topic/Lesson
UNIT**

1.

Objectives

1.

Essential Question

Mission and Expectations

Teacher Resources

1.

Media Resources

1.

Evaluation/Activities

Class work: To be done on each topic/concept as needed for understanding.
Homework: To be given daily on each introduced topic as determined by the teacher.
Review: All weekly concepts.
Quiz: Assessments given as warranted by the curriculum.

Lesson Completion Date:

Technology Used/ Date Used:

Completed By:

Comments: