

Middle-level CTE Learning Experience Title: Healthy Lifestyle PSAs
 Length of Lesson: 7 days

Essential Question(s)	<p>What knowledge and skills are needed for individuals to consistently promote and practice safe and healthy behaviors that encourage wellness in home, school, workplace, and community setting?</p> <p>What knowledge and skills are required to prevent, prepare for, and respond to injuries and illnesses in the health science field?</p>
National Standards	<p>Common Career Technical Core Standards https://www.careertech.org/career-ready-practices Career Ready Practices</p> <ol style="list-style-type: none"> 1. Act as a responsible and contributing citizen and employee 3. Attend to personal health and financial well-being 5. Consider environmental, social, and economic impacts of decisions 8. Utilize critical thinking to make sense of problems and persevere in solving them <p>National Consortium for Health Science Education https://www.healthscienceconsortium.org/national-health-science-standards/</p> <p>Foundation Standard 2: Communications Demonstrate methods of delivering and obtaining information, while communicating effectively</p> <p>Foundation Standard 7: Safety Practices Identify existing and potential hazards to clients, co-workers, and self. Employ safe work practices and follow health and safety policies and procedures to prevent injury and illness</p> <p>Foundation Standard 8: Teamwork Identify roles and responsibilities of individual members as part of the healthcare team</p> <p>Foundation Standard 9: Health Maintenance Practices Differentiate between wellness and disease. Promote disease prevention and model healthy behaviors.</p> <p>9.1 Healthy Behaviors 9.11 Promote behaviors of health and wellness (such as: nutrition, weight control, exercise, sleep</p>

- habits).
- 9.12 Describe strategies for prevention of disease.
 - 9.13 Investigate complementary and alternative health practices as they relate to wellness and disease prevention

NYS Standards

New York State Career Development and Occupational Studies (CDOS) Standards

Intermediate Level

<http://www.p12.nysed.gov/cte/>

Standard 1: Career Development

Students will be knowledgeable about the world of work, explore career options, and relate personal skills, aptitudes, and abilities to future career decisions.

Standard 2: Integrated Learning

Students will demonstrate how academic knowledge and skills are applied in the workplace and other settings.

Standard 3a: Universal Foundation Skills

Students will demonstrate mastery of the foundation skills and competencies essential for success in the workplace.

3. Personal Safety

Students will

- a) Explain how consistently practicing safe behaviors reduces the potential for, incidence of, and severity of injuries
- b) Tell why a particular behavior may be unsafe and how it could be amended to prevent injury
- d) Explain how an orderly environment promotes reduction of accidents and injury

Safety in Health Science Careers

1. Safety in Health Science Workplaces

Students will

- a) Tell how safety procedures (b) Ad 1 Tc 0.01 (y)-4.5 (2p) 2.36 (o)-1.3 (t)-3 (t) 2.3 (c)-3 (t)-3 ((id) 13.1 (e) 13.3 (e)-3 3)-3.4 (s)-4.2 (c)-5

	<p>Response Journals to answer the following prompt: What actions have you taken today to promote your good health? Teacher leads students in a quick class sharing of the responses.</p>	<p>done today that has promoted good health.</p> <p>Students share examples with the class.</p>	
<p>Do-now/Hook</p>	<p>Day 1 Teacher shows "Let's Talk Healthy Habits." A student-developed PSA on behaviors that promote wellness in middle-school students. Available at https://www.youtube.com/watch?v=VPHGa09cFuE Teacher defines Public Service Announcement (PSA), such as : "An advertisement intended to change the public interest by raising awareness of an issue, affecting</p>		

rubric.

Note: Feedback conferences will be held with each group on Day 7

Day 7

The teacher gives each group a copy of the Healthy Lifestyle PSA Group Reflection and go over the sections of the sheet.

Then, the teacher will ask each group to reflect on each area and fill in their responses.

While groups are completing their reflection sheets, the teacher shares the Healthy Lifestyles PSA Rubric through a feedback conference with one group at a time.

Teacher leads the class in a brief summarizing discussion.

Day 7

Students sit with their PSA group partners.

Student groups complete the reflection sheet and hand it in.

Middle-level CTE
Learning Experience Template
March 2019

Assessment
Performance Measure

Maintains Focus to
Completion of the Project

Stays focused consistently,
prioritizes tasks, recognizes
time constraints of projects,
and avoids distractions while
meeting deadlines.

Develops a timeline for the
work to be completed and
stays focused throughout the
project.

Is occasionally off task in
regards to accomplishing
the project, thus only a
portion of it is completed.

Is often off task and does not
complete the project.

Healthy Lifestyle PSA Research and Planning Sheet (Day 3, 4, 5)

Group Members:

Date:

Healthy Lifestyle PSA Research and Planning Sheet

Topic (Issue):	
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Healthy Lifestyle PSA Group Reflection Sheet (Day 7)

Name:

Date:

Healthy Lifestyle PSA Group Reflection

<p>Did you audience respond as you expected? Please explain.</p>	
<p>How do you feel you might improve your PSA?</p>	
<p>What were the best features of your PSA? Why?</p>	