

Grade: 5/6	Lesson: Dimensions of Health	Sept 11, 2017
Standards		
1	Students will comprehend concepts related to health promotion and disease prevention to enhance health.	
Performance Indicators		
1.5.1	Describe the relationship between healthy behaviors and personal health.	
1.5.2	Identify examples of emotional, intellectual, physical, and social health.	
1.5.3	Describe ways in which a safe and healthy school and community environment can promote personal health.	
Objectives: At the end of this lesson students will be able to . . .		
<ul style="list-style-type: none">Identify 5 dimensions of health and describe 2-3 examples of each.Assess personal health in each of the 5 domains.		
Activity: Lego Bridge		
Group Formative Assessment/Intro	5 Circles on Board with title: Dimensions of Health. Begin with word association: I say health and each student needs to say the first related word that pops into their head. Most answers will be physical. I label that circle and see if class can figure out any other dimensions (if not I can give 1-2 examples). Label the circles physical, social, mental, environmental, and spiritual health.	
Group Work	Groups of 4 receive 5 Lego planks, 2 minifigures, and a pile of square Legos. They need to build a health bridge to high school graduation using each plank (representing the 5 dimensions) and including as many examples of the dimensions of health as they can. Each group needs a scribe to note what every Lego brick stands for.	
Sharing	Groups share and explain their bridges. Student volunteer logs them on the board. Students also write elements of each dimension on the notes sheet I provide.	
Activity: Reflection		
Individual Writing	On back side of their notes sheet, students complete questions about their own	

	strengths and needs for improvement in each dimension.
Materials:	
Legos (20 planks, many small bricks, 8 minifigures Dimensions of Health sheet	