

HEALTH FAIR – ADVOCATING FOR HEALTH & WELL-BEING

BIG IDEA: Advocating for health and well-being of others connects us to our community.
PURPOSE: To research the importance of health and wellness, advocate for your passion and positively influence your peers.

WHO: YOU (GROUPS OF 2 OR 3)

Keywords: FOOD/NUTRITION, FITNESS, IDENTITY, WELLNESS, RELATIONSHIPS.

FRAMEWORK/AUDIENCE: Health Fair in the library – Teenagers

WHEN: Presentations on

TOPICS FOR INQUIRY: [Interrogative questions] How why what

- > Effects of different types of physical activity on the body
- > Health Sexual Decision Making
- > Consequences of bullying, stereotyping, discrimination
- > Physical, Emotional and Social aspects of psychoactive substance use and addictive behaviors.
- > Signs and symptoms of stress, anxiety and depression
- > Influences of physical, emotional and social changes on identities and relationships
- > Importance of nutrition, sleep, and exercise.

Questions for Inquiry:

- > What is your health topic? Why is it important to you and to us? (Provide detailed information)
- > How do we advocate and promote health and well-being?
- > What are the short term and long term consequences of healthy decisions related to your topic? (for ex: nutrition, protection from S.T.I.'s and sleep routines)
- > What is some relevant information regarding your topic?
- > How can you present strategies for others to protect themselves from: potential abuse, exploitation, harm in a variety of settings, medical issues related to lack of exercise and good nutrition?
- > What are strategies we can implement your healthy living choice into our daily lives? WHAT IS THE SHORT AND LONG TERM PLAN!

You will need:

- Strong and reliable sources of health information, including professional documents, health and fitness magazines, advertisements.
- To investigate your topic and provide clear information on what it is and why it is important
- Propose healthy choices that support lifelong health and well-being for self and others.

Your booth will/CAN have :

- What you are advocating for and why? Why is this important to you and to your peers?
- What should your peers know about this topic?
- How can they implement this information into their own lives/understanding?
- Creativity and Strong Marketing (You want to "sell" this idea)
- Provide examples/ artifacts- SOMETHING PEERS CAN TAKE AWAY AND UTILIZE/IMPLEMENT.

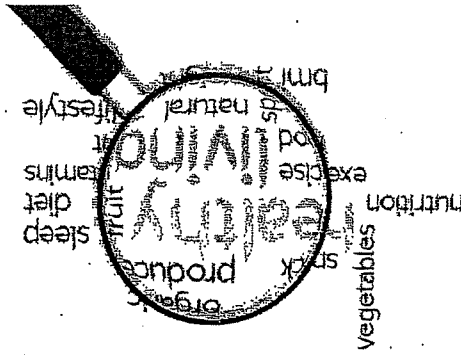
REFLECTION/ WHAT YOUR HANDING IN:

All research pertaining to your HEALTH TOPIC.

A WRITTEN REFLECTION- Why is this health topic important to you? What did you learn from your research? How did you share and advocate for this? How are you going to plan for better health and wellness? How do you intend on positively influencing others to do the same. Any other thoughts? (500 words)

GROUP MEMBERS:

HEALTH TOPIC:



Health Fair Assessment

** Please let your PE teacher know whether you would like to be graded individually*

A student who can confidently state that they have fully met ALL of the learning outcomes for this unit should receive a high A. If you cannot confidently agree that you have fully met each learning outcome, please adjust your mark accordingly. (Note: Excelling A+ = 95-100%, Achieving A/B = 85-94%, Progressing B/C+ = 70-84%, Beginning C+/C = 55-69%, Incomplete C-/I = <55%).

We believe our mark for this project should be _____%

(Please attach your research & written reflection).

REFLECTION/WHAT YOUR HANDING IN:

- All research pertaining to your HEALTH TOPIC.
- A WRITTEN REFLECTION - Why is this health topic important to you? What did you learn from your research? How did you share and advocate for this? How are you going to plan for better health and wellness? How do you intend on positively influencing others to do the same. Any other thoughts? (500 words)



Health 9 Fair Criteria

Outcomes & Self-Assessment

For each learning outcome, check the appropriate box depending on whether you feel you have not met the learning outcome, are still working on meeting the learning outcome, or have fully met the learning outcome. To check your own learning, please also answer each "Learning Check" question.

Health Topic Inquiry:

We have a clear health topic. We have defined the topic and why it is important.

- I have not met this learning outcome
- I am still working on meeting this learning outcome
- I have fully met this learning outcome

We have explained how our topic relates to the promotion of health and well-being.

- I have not met this learning outcome
- I am still working on meeting this learning outcome
- I have fully met this learning outcome

We have explained in detail the short and long term consequences for healthy decisions related to our topic. (The negative and positive consequences)

- I have not met this learning outcome
- I am still working on meeting this learning outcome
- I have fully met this learning outcome

We have provided relevant information and resources related to our topic.

- I have not met this learning outcome
- I am still working on meeting this learning outcome
- I have fully met this learning outcome

We have presented strategies for our peer group to protect themselves from: potential abuse, exploitation, harm in a variety of settings, and/or medical issues related to our topic.

- I have not met this learning outcome
- I am still working on meeting this learning outcome
- I have fully met this learning outcome

We have presented strategies on how you can implement this health topic into our daily lives. We have provided options for both a short and long term plan for our peer group.

- I have not met this learning outcome
- I am still working on meeting this learning outcome
- I have fully met this learning outcome

Participation, Attitude and Social Responsibility:

We have been proactive and have shown initiative in class activities and take ownership of our own learning experience.

- I have not met this learning outcome
- I am still working on meeting this learning outcome
- I have fully met this learning outcome

We have demonstrated encouragement and support for others. We contribute to a safe and inclusive environment.

- I have not met this learning outcome
- I am still working on meeting this learning outcome
- I have fully met this learning outcome

Participation marks are taken each class out of 5. For this term, what do you believe is your participation mark:

Point Value	Expectation	Behavior
5/5	Excelling	Encouraging, supportive and accepting of others; leads by volunteering & participating; Outstanding effort & attitude for class duration.
4/5	Achieving	Emotional control & fair play, respect for others & aware of safety; Appropriate level of competitiveness; Active participant in class duration.
3/5	Progressing	Acceptable participation; requires reminders to stay on task; Satisfactory level of attitude & fair play; Missed instruction &/or activities due to tardiness.
2-1/5	Beginning	Lack of attention, poor etiquette & disruptive to learning process. Inappropriate gym strip, irregular attendance, scarce level of activity.
0/5	Incomplete	Absent/truant.

Presentation & Resources:

We have strong reliable sources of health information, including professional documents, health and fitness magazines, advertisements. We have included a BIBLIOGRAPHY.

- I have not met this learning outcome
- I am still working on meeting this learning outcome
- I have fully met this learning outcome

We have prepared: visuals, examples, artifacts and resources for our Health Topic booth that is creative, relevant, organized and appealing.

- I have not met this learning outcome
- I am still working on meeting this learning outcome
- I have fully met this learning outcome