



PE/Health Virtual Learning

7th/8th Health

Identifying Risk Factors

May 13, 2020



Grade/Course
Lesson: May 13, 2020

Objective/Learning Target:

Develops a plan of action and makes appropriate decisions based on that plan when faced with an individual challenge.

NASPE (S5.M3.8)

Lesson Objective/Essential Question

EQ: What can I do to prevent risky behaviors?

Objective: Students will be able to understand risk factors and how to prevent them in their everyday life.

Warm-Up Activity

Read the following vocabulary words and write your own definition for them:

1. Precautions-

2. Prevention-

3. Attitude-

Practice

Answers to the vocabulary word definitions:

1. Precautions- Planned actions taken before an event to increase the chances of a safe outcome
2. Prevention- Taking steps to keep something from happening or getting worse
3. Attitude- A personal feeling or belief

Practice

In order to avoid risky choices write down 3-5 things you can do to promote a healthy life or promote positive lifestyle factors:

Practice

Here is a list of possible choices you could have made:

- Eating well-balanced meals, starting with a good breakfast
- Getting at least 60 minutes of physical activity daily
- Sleeping at least 8 hours every night
- Doing your best in school and other activities
- Avoiding tobacco, alcohol, and drugs
- Following safety rules and wearing protective gear
- Relating well to family, friends, and classmates

Practice

Risks are an unavoidable part of life. Taking responsibility for your personal health behaviors is a part of growing into a responsible adult. Identify which choices are High Risky Behaviors and which are Low Risky Behaviors:

Smoking

Going on a walk

Sitting outside on a blanket

Drinking alcohol

Stealing from a store

Holding a door for someone

Practice

Answers:

High Risky Behaviors: Smoking, Drinking Alcohol, Stealing from a store

Low Risky Behaviors: Going on a walk, Sitting outside on a blanket, Holding the door for someone.

Self-Reflection

Think about your previous day, or the upcoming day and list out all the potentially risky situations. Next to those risky situations/behaviors, write down what precautions you can take or how you can prevent those risky situations from happening.

Critical Thinking

- Steve and Michael are brothers who both play on the school's basketball team. Before practice, Michael takes few minutes to stretch and warm up, but Steve does not. Compare and contrast the teens' methods for preventing injuries.

Additional Resources/Ideas

[Matthew Mcconaughey/Jon Gordon Interview](#)

[8 ways to reduce Risky Behaviors](#)

[Teaching Children to Avoid Risky Behaviors](#)