Name:_____   Date:_____

Health and Wellness Poster

Disease of the heart and lungs can be reduced through more healthful personal choices.
The three elements of your health – physical health, mental/emotional health and social health –
are related to each other and contribute to your total health.

TASK: Working with a small group of students, create a poster on the importance of care for
       the circulatory and respiratory systems. You may present how a healthy lifestyle helps
       these systems or how an unhealthy lifestyle hinders these systems.

- Students will create a slogan for the poster that underscores the importance of making
  healthful choices with respect to these body systems. Eg. "Heart and Soul"

- Students will explain how physical, mental/emotional and social benefits result from
  healthful personal choices by using both words and pictures.

  Eg. Physical benefits – disease prevention, weight management, muscular strength,
      endurance, increased metabolism, decreased heart rate
      Mental/Emotional benefits – reduced anxiety/stress, better body image, self-discipline,
      self respect
      Social benefits – interaction with others, respect for others, tolerance

- Students will evaluate each other's contribution using the peer evaluation included.

- Posters will be evaluated by the teacher according to the Poster Evaluation Rubric.

PEER EVALUATION

Your Name:_____

Group Members:　　1.　_____

　　　　　　　　　　2.　_____

　　　　　　　　　　3.　_____

For each of the following questions, rank each of your partners on a four point scale according to the following criteria:

　　1. Poor　　　　　　Student did not participate at all
　　2. Fair　　　　　　Student participated minimally
　　3. Good　　　　　　Student participated with interest, energy and new ideas
　　4. Excellent　　　　Student played an active leadership role in the project

Name of Group Member			
1. Student was involved in the creation of the poster theme.			
2. Student was involved in the planning process.			
3. Student contributed their fair share of the work.			
4. Student participated in the final production of the poster.			
5. Student worked effectively as part of the team.			
Total			

Poster Evaluation Rubric

Criteria	Level 1	Level 2	Level 3	Level 4
Understanding of factors affecting the concepts studied **K/U**	- only a few concepts are used correctly and/or appropriately	- some concepts are presented correctly	- concepts are presented correctly	- concepts are presented clearly and correctly
Selection and integration of information from various sources **T/I**	- only one or two sources are used	- some sources are used and/or the information is presented discretely	- a variety of sources are used and the information is well integrated	- a variety of sources, including some that would not be expected, are used and integrated seamlessly
Analysis of information **T/I**	- information has limited relevance for the audience	- some information that is relevant to the purpose and the audience is included	- information that is relevant to the stated purpose and the audience is included	- information relevant and supportive of the stated purpose and interesting to the audience is included
Communication of information **C**	- information is presented with limited clarity, in such a way that the audience may have difficulty with it	- some information is communicated clearly and is usually appropriate for the audience	- information is communicated clearly in various ways and is appropriate for the audience	- information is communicated clearly, in a variety of ways that engage the audience
Relationship to everyday activities **MC**	- few familiar examples are used, with links to the concepts presented requiring more clarity	- some familiar examples are used, with some links to the concepts presented	- familiar examples are used to link concepts presented	- familiar examples are used and consistently linked to the concepts presented