

Lake Mills School District

Year at a Glance Scope and Sequence for Pupil Services

Overarching Goal of the Curricular Area: Students will be able to effectively understand and apply healthy, social, emotional, behavioral, and academic skills in their lives.

Recreation and Leisure - Elementary

Unit Theme	Unit Goal	Enduring Understandings for the Unit	Essential Questions for the Unit
Personal Self-Management Skills	<p>Students will express feelings appropriately.</p> <p>Students will follow the rules and expectations in the school setting.</p>	<p>Students will understand and identify several different feelings.</p> <p>Students will understand that, when people follow rules at school, it makes learning easier.</p>	<p>How does someone know whether you are feeling happy or sad?</p> <p>Give an example of a rule at school, and how does it make learning easier?</p>
Decision Making and Goal Setting	<p>Students will show an understanding of cause and effect.</p> <p>Students will articulate wants and needs for the future.</p>	<p>Students will understand that, for every action there is a reaction.</p> <p>Students will understand that thinking ahead and planning is helpful for having their wants and needs met.</p>	<p>Explain how something you do is an example of the cause/effect relationship.</p> <p>How would you go about making sure you have the food you want in your lunch for next week's field trip?</p>
Personal and Social Behavior	<p>Students will work cooperatively with other students.</p> <p>Students will appropriately respond to other's expressions and actions.</p>	<p>Students will understand that collaboration is necessary in order to be an effective learner and citizen.</p> <p>Students will understand that how they responds to others impacts how others react and feel.</p>	<p>Why do individuals choose to work together?</p> <p>What role does conflict play when we need to work together?</p> <p>How do my personal decisions and actions affect others?</p>
Respect for Diversity	<p>Students will demonstrate awareness of their own uniqueness.</p> <p>Students identify how people are different.</p>	<p>Students will understand that their own diversity makes them valuable and unique.</p> <p>Students will understand that recognizing how people are different can help us get along with one another.</p>	<p>What qualities do you have that make you unique from others?</p> <p>How can someone who is good at math and someone who is good at reading work together to complete a science project?</p>

Lake Mills School District

Year at a Glance Scope and Sequence for Pupil Services

Overarching Goal of the Curricular Area: Students will be able to effectively understand and apply healthy, social, emotional, behavioral, and academic skills in their lives.

Recreation and Leisure - Middle

Unit Theme	Unit Goal	Enduring Understandings for the Unit	Essential Questions for the Unit
Personal Self-Management Skills	<p>Students will identify emotional triggers within their environment that affect emotions.</p> <p>Students will demonstrate how to apply coping strategies when feeling anxious, upset, angry, too excited, or out of control.</p> <p>Students will demonstrate appropriate ways to seek help.</p>	<p>Students will understand that identifying triggers in their daily lives is the first step to help them positively cope when triggered.</p> <p>Students will understand that there are strategies to help us with our feelings.</p> <p>Students will understand that some methods for seeking help can be more effective than others.</p>	<p>How does your body feel when you are triggered?</p> <p>When you are emotionally triggered, where do you feel it in your body?</p> <p>What strategy or strategies are most helpful for you to regain control after being emotionally triggered?</p> <p>What are some good ways to let your math teacher know that you did not understand the lesson he/she just presented?</p>
Interpersonal Communication Skills	<p>Students will demonstrate healthy ways to express needs, wants, and feelings including “I” messages and assertive communication strategies.</p> <p>Students will demonstrate attentive listening skills.</p> <p>Students will demonstrate appropriate refusal skills to keep themselves safe and happy.</p>	<p>Students will understand that effective communication can help manage their needs, wants, and feelings.</p> <p>Students will understand that there are many different qualities that make someone a good listener.</p> <p>Students will understand that there are times when it is acceptable to say “no”.</p>	<p>How would you help a friend who just found out you were the only one not invited to a classmate’s birthday party?</p> <p>What are some ways that your friends can tell that you are being a good listener when they need you to be?</p> <p>What are examples of times it is acceptable to say “no”?</p>
Decision-Making and Goal Setting	<p>Students will demonstrate the ability to make decisions.</p>	<p>Students will understand that, in every aspect of life, there are decisions that need to be made.</p>	<p>What are two important decisions that are made in your daily life?</p>

	Students will identify short and long-term goals for their future.	Student will understand that setting goals in life can help them achieve many things.	What goal do you have for yourself and why it is important?
Personal and Social Behavior	<p>Students will work cooperatively with other students.</p> <p>Students will appropriately respond to other's expressions and actions.</p>	<p>Students will understand the role of verbal and nonverbal communication when working with others.</p> <p>Students will understand that verbal and nonverbal cues can help determine an appropriate response.</p>	<p>How would you handle a group member who is scowling, crossing their arms, and rolling their eyes when it is time to start doing work?</p> <p>What kind of nonverbal cues might suggest that you should give someone space?</p>
Respect for Diversity	<p>Students will display cooperation with others when resolving conflicts.</p> <p>Students will encourage classmates who demonstrate difficulties at school.</p>	<p>Students will understand what compromising means and how to apply it in many situations.</p> <p>Students will understand that everyone learns differently and deserves to be treated with compassion and respect.</p>	<p>What is something that you have compromised on? What did you have to give up and what did you feel like you gained?</p> <p>How do I want people to treat me when I am having a hard time with a lesson?</p> <p>How will I treat someone at school who looks sad?</p>

Lake Mills School District

Year at a Glance Scope and Sequence for Pupil Services

Overarching Goal of the Curricular Area: Students will be able to effectively understand and apply healthy, social, emotional, behavioral, and academic skills in their lives.

Recreation and Leisure - High

Unit Theme	Unit Goal	Enduring Understandings for the Unit	Essential Questions for the Unit
Personal Self-Management Skills	<p>Students will demonstrate how to apply skills to manage stress and emotions.</p> <p>Students will demonstrate appropriate ways to handle problems.</p>	<p>Students will understand that stress happens to everyone and there are healthy ways to cope.</p> <p>Students will understand that problems occur, but there are safe solutions available for them to choose.</p>	<p>Where do you feel stress in your body?</p> <p>During lunch at school, your friend asks you if you want a sip of the beer that is in their water bottle. What would you do?</p>
Decision Making and Goal Setting	<p>Students will demonstrate the ability to apply a decision-making process to problems.</p> <p>Students will demonstrate the ability to set goals that address personal strengths, needs, and risks.</p>	<p>Students will understand that solving problems can be less stressful if they use a learned decision-making process.</p> <p>Student will understand that setting goals in life can help give them direction.</p>	<p>What process would you use to solve a problem with a friend?</p> <p>What is a short-term goal you are working toward in the next month?</p> <p>What are some of your long-term goals for after graduation?</p>
Responsibility	<p>Students will accept constructive criticism from teachers and classmates.</p> <p>Students will acknowledge and apply rules to situations to ensure personal and group safety.</p>	<p>Students will understand that feedback is not always positive, however, it can be helpful for making improvements.</p> <p>Student will understand that rules are in place to keep everyone safe.</p>	<p>When was there a time you received negative feedback and were able to use it positively?</p> <p>What can happen if rules are not followed?</p>
Personal and Social Behavior	<p>Students will to build and maintain healthy relationships.</p> <p>Students will demonstrate positive citizenship skills.</p> <p>Students will participate in cooperative activities.</p>	<p>Students will understand that healthy relationships take work.</p> <p>Students will understand that they are an important part of their community and their contributions matter.</p> <p>Students will understand that in order to work well with others and accomplish a common goal, the group needs to exhibit cooperation and consensus.</p>	<p>What are some things you do to get along with your friends and family?</p> <p>What are some ways high school students can contribute in their community?</p> <p>How would you help your group be successful, if people want different things?</p>

<p>Respect for Diversity</p>	<p>Students will demonstrate etiquette and concern toward others.</p> <p>Students will demonstrate a tolerance for individual differences.</p>	<p>Students will understand that they need to be thoughtful about the things they say and do as they can negatively impact others.</p> <p>Students will understand that people are different and deserve to be treated with respect.</p>	<p>What would you say to your friend if he/she said something derogatory to someone of a different race?</p> <p>What would you say to your friend if he/she made fun of a student with a disability?</p>
------------------------------	--	--	--