Performance Based Assessment

The Four Parts of Health

You have learned about health and wellness. Now you will have a chance to use what you have learned to create a poster. Working in a small group, you will make a poster that shows how the four parts of health can be EQUALLY balanced to achieve a state of WELLNESS.

PROCEDURE

1. Get into groups of four people. Create a title for your poster. Draw a large circle on the poster making it as neat as possible. Next, use a ruler to divide the circle into four equal sections. Then, label each section neatly with a part of health: social health, mental health, emotional health, or physical health. The labels should be written just outside the circle next to the appropriate section.
2. Each student will compose a collage showing examples on one part of health. First, decide which part of health each student will work on. Next, look through old magazines for pictures showing people doing things that **promote** this type of health. Find and cut out at least FIVE pictures for each section. Then, glue them inside the appropriate section of the circle (pictures may hang out a bit if they don’t fit in the circle). Each picture needs to be labeled explaining how it fits in the section to promote good health. Work with the other group members to create to create an overall **attractive** design.
3. Present your poster to the class. Each student will present the section they completed.
4. You will be graded on the neatness and creativity of your title and subtitles, the accuracy of the labels, number of pictures (are there enough and is there a balance in each section), attractiveness, relevance of the pictures chosen, use of class time, and your presentation.
5. Each group member will grade their group members on their attitude, contributions, focus, time-management, working with others and their pride in the project.