



TPJ20 Unit Plan

Unit 2 – Mental Health (27 Hours)		
Unit Description: Students will explore aspects of mental health, such as mental illnesses, brain health, meditation, and happiness. Students will also create a mental health plan.		
Overall Expectations: 1. describe factors that affect personal health and well-being (with a focus on mental health)		
Lessons (each lesson is 180 minutes/3 hours)		
No.	Title	Specific Expectations Covered (code only)
2.1	Stress	A2.8
2.2	Happiness	A2.8
2.3	Relationships	A2.8
2.4	Purpose	A2.8
2.5	Mental Illnesses	A2.6
2.6	Doctor in the House	A2.8
2.7	Assignment 2	N/A
2.8	Midterm Review	N/A
2.9	Midterm Test	N/A



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Assessment(s)								
Lesson No.	Title	Overall Expectations Covered (code only)	FOR/AS	P/O/C	Categories Covered (check all that applied)			
					K	T	C	A
2.1 – 2.6	Glossary Quiz	A2	FOR	O	✓			
2.1 – 2.6	Homework Forum	A2	AS	P	✓		✓	
2.1 – 2.6	Group Production	A2	AS	POC	✓	✓	✓	✓
Evaluations								
Title	Weight (%)	Overall Expectations Covered (code only)	P/O/C	Categories Covered (check all that applied)				
				K	T	C	A	
Assignment #2 – Mental Health Plan	10%	A2	P	✓	✓	✓	✓	

Note:

- Add more rows for more lessons, assessments and evaluations.
- Copy and paste table for more units.
- P = Student Product, O = observation, C = Conversation