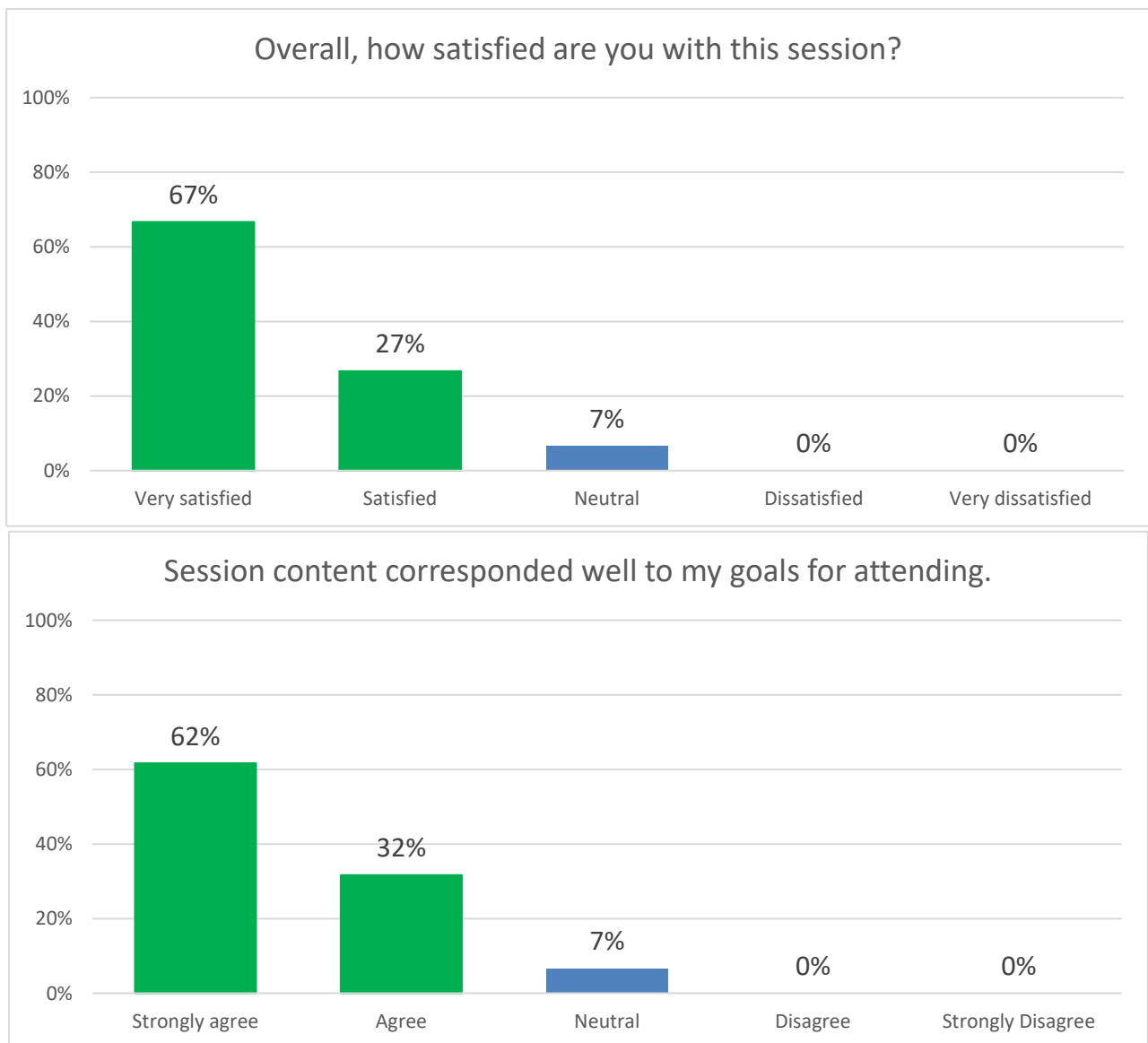




## Skills-Based Health Education: A Deeper Look

Sarah Benes



# Comments

Excellent presentation - good questions discussed - appreciate the different resources Sarah shared out. Will be helpful as I journey into skills based health.

Great information about Skills Based Learning!

Great information!

great resources

Great session. I appreciate the importance of embedding social justice standards into our lessons as well.

I actually purchased the book for elementary lessons after the first speaker. I am a PE teacher but will need to do "push ins" when I can't be outside. These lessons will prove to be invaluable!! Thanks!

I always enjoy listening to Sarah Benes. In this session she provided several ideas/strategies for implementing the skills based health education on-line as well as ways of obtaining authentic feedback from students.

I am excited to start teaching health because of Sarah's enthusiasm for it, and I look forward to shifting away from the knowledge base I group up with to skills based with these resources and tips provided

I am just starting to enter into the skill based learning. I am a little scared and uncertain of what to do but the sessions have given me a sense of it will be okay. So thank you

I definitely teach to the needs of my students.

I love the idea of incorporating social justice into health!

I loved that the speaker asked, "what do your students need?" - Skill wise

I would love to learn so much more about social justice in the health classroom! Thank you for touching on it and providing the social justice standards.

I would love to see examples of Dr. Benes rubrics on the skills she discussed. I'm always looking for different examples to improve mine.

Sarah Benes was very passionate and I enjoyed hearing her share about skills-based health education. Thank you for the great resources!

Sarah is an amazing educator who shares her ideas and practices in skill based teaching with others. Cassie gives great comments during the interview which adds additional information for the audience. Love the break down of Why teach skill based lessons, planning, practicing skills and assessment. I love the Social Justice piece that we can incorporate into our lessons which is important at this time. Great resources and I will be using these in the fall.

Thank you for giving me some light bulb moments.

Thank you for sharing this valuable information.

Thank you for this wonderful presentation. This was so helpful and inspiring for me as we near the beginning of school.

Thank you!!

Thank you!!

Thanks!

The books will be a lifesaver for this school year. Just purchased for HK.

The lesson was informative. It showed how to apply skill based health lessons in classes and also that you do not need to feel that everything has to be covered all the time. It is a process.

Thoughtful presentation with practical ideas.

What I took away from this session was we need to empower students, empower (even) ourselves! I feel motivated after this session.

Wow! I love Sarah's energy about skills-based health!