Cycle One Health

Content Area: **Physical Education and Health**
Course(s): **Phys Ed 8**
Time Period: **September**
Length: **4 Weeks**
Status: **Published**

Transfer

Body Systems

Enduring Understandings

By acquiring knowledge of our body systems we are able to make healthy and active lifestyle choices.

By acquiring knowledge of what and how health problems occur to each body system we can make proper choices.

By understanding risk factors that cause disease we can help prevent them.

Essential Questions

How do my body systems interact to determine my overall health and wellness?

What are ways to prevent disease and injury to my body systems

Content

Vocabulary

Learning Objectives

List the body systems.

Describe the function of each body system.

Describe how some body systems work together.

Compare and contract the three types of muscles in the muscular system.

Describe what makes up bone in the skeletal system.

Discuss high blood pressure and heart disease in the circulatory system.

Describe the how the respiratory system takes in oxygen.

Explain types of problems that occur within each body system and how to keep it healthy

Resources

Standards

HPE.2.1.6.E.2	Make recommendations to resolve incidences of school and community conflict, violence, harassment, gang violence, discrimination, and bullying.
HPE.2.2.6.B.4	Apply personal health data and information to support achievement of one's short- and long-term health goals.
HPE.2.4.6.A.2	Analyze the characteristics of healthy friendships and other relationships.
HPE.2.6.8.A.1	Summarize the short- and long-term physical, social, and emotional benefits of regular physical activity.