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

Respiratory system

Nervous system

Digestive System

Muscular System

Lymphatic System

Circulatory System

Human Skeleton

Immune System

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

Teen Health 3, Glencoe/McGraw-Hill

Graphic Organizers of various body systems

Blood Pressure Kits

Video clips from various body systems

Assessments

Written Tests
Formative: Test: Written
Formative: Transfer Tasks: Teacher Observation and Class Discussion
Formative: Transfer Tasks: Oral: Discussion
Summative: Test; Written
Summative: Test; Project-based

Body Systems Project

Standards

HPE.2.1.8.A.1	Assess and apply Health Data to enhance each dimension of personal wellness.
HPE.2.1.8.A.CS1	Developing and maintaining wellness requires ongoing evaluation of factors impacting health and modifying lifestyle behaviors accordingly.
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.