Cycle One Health

Content Area: Physical Education and Health

Course(s): Phys Ed 8
Time Period: September
Length: 4 Weeks
Status: Published

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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

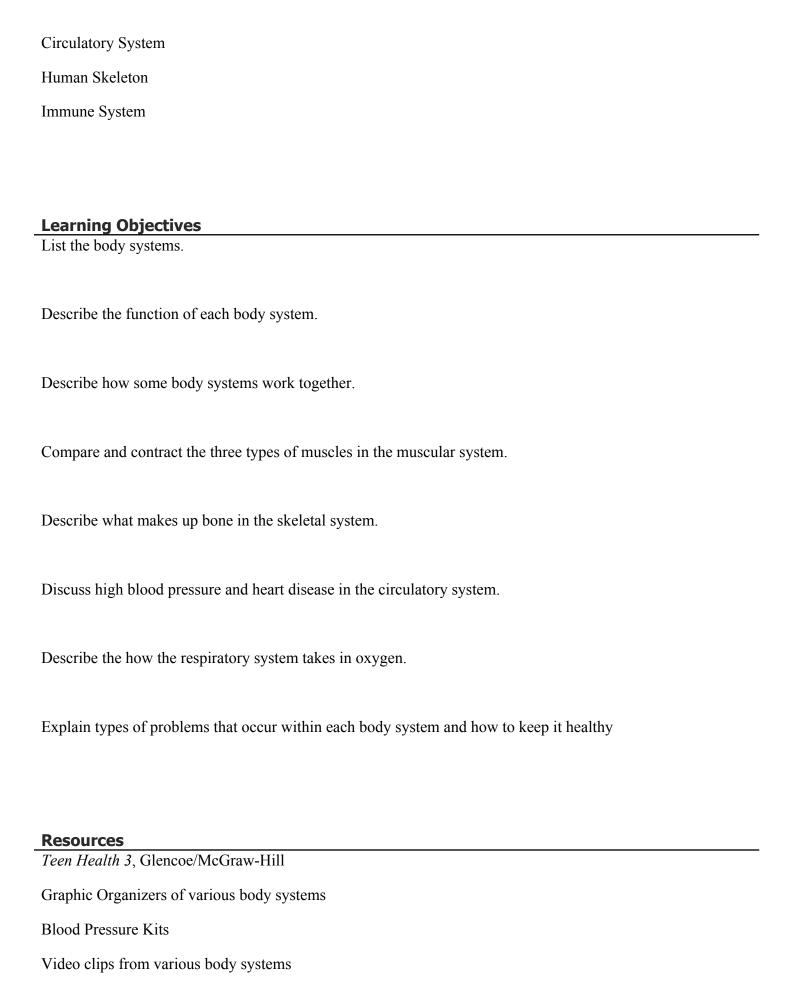
Respiratory system

Nervous system

Digestive System

Muscular System

Lymphatic System



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.