Health Unit 2 Wellness: Disease Condition

Content Area: **Physical Education and Health**
Course(s): **Physical Education/Health**
Time Period: **December**
Length: **3 weeks**
Status: **Published**

Enduring Understandings

Health choices and behaviors have a profound impact on personal, family, community, and global wellness.

Healthy habits include daily hygiene of the body.

Understanding symptoms of common diseases and health conditions reduce the risk of illnesses.

Essential Questions

How do personal health choices impact our own health as well as others?

What is a good routine for maintaining healthy hygiene?

What healthy choices can I make to prevent illnesses?

Skills

Distinguish between healthy and non-healthy behaviors.

State alternatives to unhealthy choices.

Create a healthy routine for proper hygiene.

List symptoms of common diseases and health conditions.

Name strategies to prevent the spread of common diseases and health conditions.

Standards

HPE.2.1.2.C	Diseases and Health Conditions
HPE.2.1.2.C.1	Summarize symptoms of common diseases and health conditions.
HPE.2.1.2.C.2	Summarize strategies to prevent the spread of common diseases and health conditions.
HPE.2.1.2.C.3	Determine how personal feelings can affect one's wellness.
HPE.2.1.2.C.CS1	Knowledge about diseases and disease prevention promotes health-enhancing behaviors.

Assessments

Formative: Other Evidence:Written: Informative

Individualized healthy routine