Health Unit 5 Family Life

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

Enduring Understandings

Puberty is the period of sexual development, determined primarily by heredity, in which the body becomes physically able to produce children.

The body goes through physical, mental, and emotional changes.

Puberty begins when chemicals called hormones are released into the blood stream.

Essential Questions

What types of changes does the body go through during puberty?

What starts the puberty process?

Does everyone start puberty at the same time?

How will I know when my body is transitioning into puberty?

Skills

Identify the physical, social, and emotional changes occurring at puberty.

Discuss why puberty begins and ends at different ages for different people.

Identify the sequential stages in which these changes occur.

Standards

HPE.2.4.4	All students will acquire knowledge about the physical, emotional, and social aspects of human relationships and sexuality and apply these concepts to support a healthy, active lifestyle.
HPE.2.4.4.B	Sexuality
HPE.2.4.4.B.1	Differentiate the physical, social, and emotional changes occurring at puberty and explain why puberty begins and ends at different ages.

Assessments

Formative: Other Evidence:Oral: Discussion
Puberty Quiz
Summative: Transfer Tasks: Other: Quiz
Label the anatomy
Summative: Transfer Tasks: Other: Quiz