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.

Most significant physical, emotional, and mental growth changes occur during adolescence, but not necessarily at the same rates.

Essential Questions

How will puberty affect me?

What types of changes does the body go through?

What starts the puberty process?

Why do we experience these changes at different times?

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.2.4.6.B	Sexuality
HPE.2.4.6.B.1	Compare growth patterns of males and females during adolescence.
HPE.2.4.6.B.CS1	Most significant physical, emotional, and mental growth changes occur during adolescence, but not necessarily at the same rates.

Assessment

Formative: Other Evidence:Oral: Discussion
Puberty Quiz
Summative: Transfer Tasks: Other: Quiz