Unit 1: Sexuality

Content Area: **Physical Education and Health**
Course(s): **Health Education Grade 9**
Time Period: **School Year**
Length: **5 blocks**
Status: **Published**

Enduring Understandings

Taking responsibility for one's own health is an essential step towards developing and maintaining a healthy, active lifestyle.

Understanding the various aspects of human relationships concerning healthy living.

Transfer

Sexuality and Adolescence

Essential Questions

What is optimal growth and development?

What is the difference between healthy and unhealthy risks?

Content

Adolescence, puberty, hormones , sex characteristics, gametes, cognitive, physical maturity, emotional maturity, emotional maturity, commitment, marital adjustment, adoptions, ,self-directed, unconditional love

Skills

Examine the physical, mental, emotional and social changes that occur during adolescence.

Demonstrate the use of decision-making and problem-solving skills during adolescence.

Examine the positive effects of relationships with peers, family and friends on physical and emotional health.

Identify the development tasks of adulthood.

Compare the differences between a dating relationship and marriage

List ways married couples use effective communication in maintaining healthy relationships

Discuss the roles of parents and other family members in promoting a healthy family.

Assessments

teacher observation
Formative: Other Evidence: Other: Teacher Observation
Class Assignments, and homeworks
Formative: Other Evidence: Written: Informative
Journal Entry
Formative: Other Evidence: Written: Journal/ Diary
Written Test
Summative: Transfer Tasks: Written: Narrative
Family Project
Formative: Other Evidence: Written: Report
Non Gradds Preassessment
Summative: Transfer Tasks: Written: Informative

Standards

HPE.2.2.12	All students will develop and use personal and interpersonal skills to support a healthy, active lifestyle.
HPE.2.2.12.A	Interpersonal Communication
HPE.2.2.12.A.1	Employ skills for communicating with family, peers, and people from other backgrounds and cultures that may impact the health of oneself and others.
HPE.2.2.12.B	Decision-Making and Goal Setting
HPE.2.2.12.B.1	Predict the short- and long-term consequences of good and poor decision-making on oneself, friends, family, and others.
HPE.2.2.12.C	Character Development
HPE.2.2.12.C.1	Analyze the impact of competition on personal character development.
HPE.2.3.12	All students will acquire knowledge about alcohol, tobacco, other drugs, and medicines and apply these concepts to support a healthy, active lifestyle.
HPE.2.3.12.B	Alcohol, Tobacco, and Other Drugs
HPE.2.3.12.B.1	Compare and contrast the incidence and impact of commonly abused substances (such as tobacco, alcohol, marijuana, inhalants, anabolic steroids, and other drugs) on individuals and communities in the United States and other countries.
HPE.2.4.12	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.2.4.12.A	Relationships
HPE.2.4.12.A.1	Compare and contrast how family structures, values, rituals, and traditions meet basic human needs worldwide.
HPE.2.4.12.A.4	Predict how relationships may evolve over time, focusing on changes in friendships, family, dating relationships, and lifetime commitments such as marriage.
HPE.2.4.12.B	Sexuality
HPE.2.4.12.B.1	Predict the possible long-term effects of adolescent sex on future education, on career plans, and on the various dimensions of wellness.
HPE.2.4.12.B.4	Compare and contrast attitudes and beliefs about gender identity, sexual orientation, and gender equity across cultures.