Unit 5: All Grown Up

Content Area: **Physical Education and Health**
Course(s): **Health Education Grade 12**
Time Period: **School Year**
Length: **5 blocks**
Status: **Published**

Transfer

All grown up

Enduring Understandings

Adolescence, the stage between childhood and adult hood is a period of rapid growth involving physical mental. Emotional and social changes.

Adulthood is marked by both physical and emotional maturity.

Most teens do not yet have the maturity needed top accept the responsibilities that marriage involves.

Middle adulthood from the ages 40 to 65, individuals contribute to society, look outside themselves and care for others. Late adulthood involves evaluating their lives and their achievements.

Essential Questions

What are the physical, mental, emotional and social changes that occur during adolescence?

Why are problem solving and decision making important during adolescence?

What are developmental tasks of adulthood?

Why do married couples need to effectively communicate?

What are the different types of transitions that occur during middle and later adulthood?

Content

Adolescence,

Puberty,

hormones,

Sex Characteristics,

Gametes,

Cognitive,

Physical maturity

Emotional maturity

Emotional intimacy

Commitment

Marital adjustment

Adoption

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.

Identify the developmental tasks of adulthood.

List ways married couples use effective communication in maintaining healthy relationships.

Describe the physical, mental, emotional and social transitions that occur during middle and later adulthood.

Resources

Glenco Health, Wall Twp Police Dept. Not Even Once Drug Education Program, Google Slides, Google Docs

Standards

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.2.3.12.B.2	Debate the various legal and financial consequences of the use, sale, and possession of illegal substances.
HPE.2.3.12.B.3	Correlate increased alcohol use with challenges that may occur at various life stages.
HPE.2.3.12.B.4	Correlate the use of alcohol and other drugs with incidences of date rape, sexual assault, STIs, and unintended pregnancy.
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.2	Compare and contrast the current and historical role of life commitments, such as marriage.
HPE.2.4.12.A.3	Analyze how personal independence, past experience, and social responsibility influence the choice of friends in high school and young adulthood.
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.