Unit 01: Introduction to Personal Health and Wellness

Content Area: **Health and Physical Education**
Course(s):
Time Period: **Trimester 1**
Length: **ongoing**
Status: **Published**

Brief Summary of Unit

The ability to understand and incorporate wellness practices into one's daily living is vital to the well-being of our students and directly correlates to their optimal overall health. Effective health practices provide students with the potential for success when choosing a career and allow for the pursuit of any career interest. When taking this course, students develop their understanding of the interrelationship between wellness, overall well-being and success.

This unit will inform students about maintaining personal health, making healthy nutrition and lifestyle choices, daily self- care practices, stages of human growth and development, and preventing diseases.

Revised: July 2023

Standards

2.1.2.PGD	Personal Growth and Development
2.1.2.PP	Pregnancy and Parenting
2.1.2.EH	Emotional Health
2.1.2.SSH	Social and Sexual Health
2.1.2.CHSS	Community Health Services and Support
2.2.2	Physical Wellness
2.3.2	Safety

Essential Questions

- What daily habits/practices contribute to overall wellness (physical, social, mental, and emotional health)?
- How does your personal nutrition and diet affect your overall health?
- What are the different systems and parts of the human body?
- How can you prevent various infectious diseases?
- How will you take care of your health?
- Why are the five food groups important?
- What steps can you take to prevent the spread of germs and disease?

Essential Understandings

- Poor hygiene can lead to illness
- Making healthy food choices will benefit their overall health and wellness
- The human body goes through various stages of growth and development throughout childhood
- The dimensions of health impact their lifestyle
- Assessment of health data is necessary for a healthy lifestyle
- Their bodily systems are interrelated
- Heredity may be offset by lowering health risk factors
- The choices one makes will affect their personal health

Students Will Know

- The steps to take to be healthy and avoid getting sick
- The five food groups
- The stages of physical growth
- The different systems and parts of the human body
- key terms: Habits, practices, wellness, health, physical, social, mental, emotional, nutrition, diet, infectious, germs, disease, skeletal, respiratory, circulatory, cardiovascular, endocrine, growth

Students Will Be Skilled At

- The steps to take to be healthy and avoid getting sick
- The five food groups
- The stages of physical growth
- The different systems and parts of the human body
- key terms: Habits, practices, wellness, health, physical, social, mental, emotional, nutrition, diet, infectious, germs, disease, skeletal, respiratory, circulatory, cardiovascular, endocrine, growth

Evidence/Performance Tasks

When taking a Physical Education or Health course, students demonstrate differentiated abilities to answer the essential questions and meet course objectives through formative and summative assessments. Evidence of progression in answering the essential questions and meeting course objectives demonstrates the development of proficiency over time. The performance tasks below are implemented as benchmark assessments and, based on individual student readiness and performance, can be implemented as formative and/or summative assessments. Student proficiency allows for additional or alternative assessment based on demonstration or absence of skill.

- Create a healthy notebook/ journal illustrating healthy food choices and meal plans
- Design posters that promote good hygiene and avoiding common germs and illnesses
- Complete a worksheet identifying and label the different systems of the human body
- Answer the essential questions

Learning Plan

- Introduction to Personal Health and Wellness
- Discussion of healthy personal choices, and daily self-care practices
- Identification of all body systems and discussion of the similarities and differences between people
- List the nutritional food groups, analyze nutrition labels and apply knowledge to create a healthy meal plan
- Discuss the difference between communicable and non-communicable diseases,
- Identify and define HIV/AIDS, disease prevention methods, symptoms and treatments of common illnesses

Materials

Associated web content and media sources are infused into the unit as applicable and available

In addition the materials below, the link connects to district approved textbooks and resources utilized in this course

CORE BOOK LIST

The materials used in this course allow for integration of a variety of instructional, supplemental, and intervention materials that support student learners at all levels in the school and home environments

• Computers • Projector • Construction paper • Markers • Course videos • handouts	•

Suggested Strategies for Modifications

https://docs.google.com/spreadsheets/d/1Dt1d40AYxClqqaEUJ0RRPHlx5Ace8TWBXtEQu8hpw3Q/edit#gid=1426178898