Unit 06: Human Relationships

Content Area: **Health and Physical Education**
Course(s):
Time Period: **Trimester 3**
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 describe and define the characteristics of appropriate human relationships, identify gender differences and similarities, pregnancy and parenting, parenting, and best practices for improving and maintaining social and emotional health.

Revised: July 2023

Standards

2.1.2	Personal and Mental Health
2.2.2	Physical Wellness
2.3.2	Safety

Essential Questions

- How can one achieve positive and healthy relationships?
- What are some differences between genders?
- Why is it important to maintain social and emotional health?
- Why is being a parent an important role?
- How can we improve or maintain our social and emotional health?

Essential Understandings

- Social and emotional health prevent personal conflicts
- There are physical, emotional, and social aspects of human relationships
- Certain behaviors contribute to or contaminate the function of a family

- There are specific differences and similarities between genders

Students Will Know

- The different between healthy and unhealthy relationships
- The roles and responsibilities of family members
- Gender differences and similarities
- Where and how babies grow

Students Will Be Skilled At

- The importance of maintaining social and emotional health
- Vocabulary: Friendship. relationship. gender, social, emotional, family, role

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.

- Answer the essential questions
- Create a family tree
- List the differences between males and females
- Write a list of qualities you would look for in a friend
- Cut out pictures of families engaged in family activities
- Read aloud a story about a mother having a baby and have the students tell of their own experience at home
- Identify various emotions and list healthy ways to express those emotions

Learning Plan

- Introduction to the different types of human relationships
- Discuss the various roles of different family members
- List the similarities and differences between genders
- Discuss appropriate expression of caring and affection
- Review the importance of social and emotional health
- Review where babies develop and their dependency on others for survival

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