Unit 04: Personal Health

Content Area: **Health and Physical Education**
Course(s):
Time Period: **Marking Period 1**
Length: **1 Week**
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.

Students will learn and understand that physical activity and fitness benefits all aspects of health. Students will learn about the various activities and exercises that can help increase and maintain overall health. Students will also learn the importance of taking safety precautions when engaging in physical activity. Students will participate in various activities which will allow them to learn and apply knowledge of physical activity to personal life.

Revision Date: July 2020

Standards

By the end of Grade 8:

2.1 Mental Health: Emotional and Social Wellness

Personal Growth and Development

Responsible actions regarding behavior can impact the development and health of oneself and others.

- 2.1.8.PGD.4: Analyze the relationship between healthy behaviors and personal health

2.2 Physical Wellness

Physical Fitness

A variety of effective fitness principles applied consistently over time, enhance personal fitness levels, performance, and health status (e.g., Frequency, Intensity, Time, Type (F.I.T.T).

- 2.2.8.PF.1: Summarize the short and long-term physical, social, mental, and emotional health benefits of regular physical fitness activity.
- 2.2.8.PF.2: Recognize and involve others of all ability levels into a physical activity.
- 2.2.8.PF.3: Execute the primary principals of training (FITT) and technology for the purpose of

modifying personal levels of fitness (e.g., pedometers, heart rate monitors, health tracking systems, wearable technology, virtual classes, exergames).
- 2.2.8. PF.4: Implement and assess the effectiveness of a fitness plan based on health data, the assessment of one's personal fitness levels and monitor health/fitness indicators before, during, and after the workout program.
- 2.2.8.PF.5: Use evidence to predict how factors such as health status, body composition, interests, environmental conditions, healthy eating, anabolic steroids, physical activity, and lifestyle behaviors impact personal fitness and health.

Lifelong Fitness

Effective Fitness principles combined with mental and emotional endurance over time will enhance performance and wellness.

- 2.2.8.LF.1: Develop and build an effective movement and physical fitness vocabulary for self, peers, and family members that can enhance wellness.
- 2.2.8.LF.2: Explain the importance of assuming responsibility for personal health behaviors through physical activity throughout one’s lifetime.
- 2.2.8.LF.3: Explore by leading self and others to experience and participate in different cultures' physical fitness activities.
- 2.2.8.LF.4: Identify and recognize factors that generate positive emotions from participating in movement and physical fitness activities.
- 2.2.8.LF.5: Engages in a variety of physical activities (e.g., aerobic-fitness, strengthen,

Community resources can provide participation in physical activity for self and family members.

- 2.2.8.LF.6: Develop a strategy to overcome barriers that allows for a visit in the community that promotes physical activities.
- 2.2.8.LF.7: Evaluate personal attributes as they relate to career options in physical activity and health professions.

Interdisciplinary connections across content areas

- LA.WHST.6-8.2.D - Use precise language and domain-specific vocabulary to inform about or explain the topic.
- LA.WHST.6-8.4 - Produce clear and coherent writing in which the development, organization, voice, and style are appropriate to task, purpose, and audience.
- LA.WHST.11-12.6 - Use technology, including the Internet, to produce, share, and update writing products in response to ongoing feedback, including new arguments or information.

Inclusion of the Career Ready Practice Standards

- CRP.K-12.CRP4: Communicate clearly and effectively and with reason.

Integration of 21st Century Skills through NJSLS 9

- CAEP.9.2.8.B.3: Evaluate communication, collaboration, and leadership skills that can be developed through school, home, work, and extracurricular activities for use in a career.

Integration of Technology Standards through the NJSLS

TECH.8.1.8.A.3: Use and/or develop a simulation that provides an environment to solve a real world problem or theory.

Transfer

Essential Questions

- How can responsible choices determine a balance in your overall health
- Why is a positive self-esteem important?
- Why is it important to know how to find safe places to go to get accurate answers concerning my health questions and concerns?

Essential Understandings

- taking care of personal hygiene affects all aspects of personal health.
- outside factors can influence health choices.
- there is a difference between using and abusing medication.

Students Will Know

- proper ways to maintain personal hygiene.
- what to look for when choosing consumer products.

Students Will Be Skilled At

key terms and concepts, including: hygiene, plaque, sunscreen, acne, dandruff, astigmatism, prescription, over the counter medication, side effects, tolerance, drug misuse.

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.

- participate in every class activity designed to enhance student knowledge of personal health.
- act respectfully and follow the rules.
- complete homework, group work, quizzes, tests, and projects that will evaluate understanding of proper ways to maintain personal hygiene, and what to look for when choosing personal hygiene products.
- apply knowledge of the importance of personal health and hygiene to one's own personal life.
- develop personal health goals to improve one's personal health and hygiene.
- answer the essential questions.

Learning Plan

- Introduce the unit: personal health
- Discuss key terms and concepts such as: hygiene, plaque, sunscreen, acne, dandruff, astigmatism, prescription, over the counter medication, side effects, tolerance, drug misuse.
- Apply knowledge of personal health and hygiene to personal life.
- Review all material covered as it pertains to personal health and hygiene.
- Assess understanding through class participation, class work, projects, group work, quizzes and tests that assess knowledge of the importance of maintaining personal health and hygiene.

Materials

Google classroom/ technology access

Projector

Construction paper

Markers

Course videos

Handouts

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

In addition the materials above, 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 environment.

Suggested Strategies for Modifications

https://docs.google.com/spreadsheets/d/1JN3XzsuRVs09JoqKayEQYWUZt4rJdwqQ3rQI5jqs5C4/edit?usp=sharing