Unit 06: Growth and Development

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

2.1 Mental Health: Emotional and Social Wellness

Personal Growth and Development

Individual actions, genetics, and family history can play a role in an individual's personal health.

- 2.1.8.PGD.1: Explain how appropriate health care can promote personal health.
- 2.1.8.PGD.2: Analyze how genetics and family history can impact personal health.
- 2.1.8.PGD.3: Describe the human reproductive systems, the external and internal body parts and their functions, and the natural variations that exist in human bodies.

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

Pregnancy and Parenting

An awareness of the stages of pregnancy and prenatal care can contribute to a healthy pregnancy and the birth

of a healthy child.

- 2.1.8.PP.2: Summarize the stages of pregnancy from fertilization to birth.

There are factors that contribute to making healthy decisions about sex.

- 2.1.8.SSH.7: Identify factors that are important in deciding whether and when to engage in sexual behaviors.

- 2.1.8.SSH.8: Identify factors that can affect the ability to give or perceive consent to sexual activity (e.g., body image, self-esteem, alcohol, other substances).

- 2.1.8.SSH.10: Identify short and long-term contraception and safer sex methods that are effective and describe how to access and use them (e.g., abstinence, condom).

- 2.1.8.SSH.11: Develop a plan to eliminate or reduce risk of unintended pregnancy and STIs (including HIV).

Community Health Services and Support

Potential solutions to health issues are dependent on health literacy and locating resources accessible in a community.

- 2.1.8.CHSS.1: Identify professionals at school and in the community available to assist with health conditions and emergencies, sexual health services, life skills training and describe how they can be accessed (e.g., suicide prevention, CPR/AED, breast self-examination, traumatic stress).

- 2.1.8.CHSS.4: Identify community resources and/or other sources of support, such as trusted adults, including family members, caregivers, and school staff, that students can go to if they are or someone they know is being sexually harassed, abused, assaulted, exploited, or trafficked.

2.3 Safety

Personal Safety

Awareness of potential risks factors and knowledge of strategies to evaluate choices and potential consequences can help to reduce negative impacts when confronted with difficult or unsafe situations

- 2.3.8.PS.1: Assess the degree of risk in a variety of situations, and identify strategies needed to reduce deliberate and non-deliberate injuries to self and others (e.g., digital safety, sexting, dating violence, domestic violence, gang violence, human trafficking, nonconsensual sexual encounters, other threats of violence).

Individuals may experience interpersonal and/or sexual violence for a variety of reasons, but the victim is never to blame.

- 2.3.8.PS.2: Define sexual consent and sexual agency.

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 proper care for the reproductive system affect physical,mental, and emotional health?

In what ways do the functions of the male and female reproductive systems differ?

What importance doesn't learning how to take proper care of the reproductive system as an adolescent hold in

promoting physical health in the future?

Essential Understandings

Growth and development occurs at varying rates amongst individuals
There are distinct differences and functions between the male and female reproductive systems.
Proper care for the reproduction system is an important aspect of maintaining physical health.
Certain physical traits and characteristics can be attributed to heredity.

Students Will Know

the various physical changes that occur during adolescence.
the parts and functions of the endocrine system
the parts and functions of both the male and female reproductive system.
how to properly care for the reproductive system.
the various physical traits that can be inherited.
the different stages in the human life cycle from birth to death.

Students Will Be Skilled At

Students will know key terms and concepts, including: adolescence, puberty, endocrine system, reproductive system, consent, egg cell, fertilization, menstruation, sperm, chromosome, genes, fetus, life cycle

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