Unit 06: Growing and Changing

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 skills necessary for improving physical, mental/emotional, and social health in order to achieve overall wellness. Students will learn about health risks, decision making, setting goals, and building good character. Students will learn ways to apply knowledge gained to their own 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

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.1: Describe pregnancy testing, the signs of pregnancy, and pregnancy options, including parenting, abortion, and adoption.

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

· 2.1.8.PP.3: Identify prenatal practices that support a healthy pregnancy and identify where to find medically accurate sources of information about prenatal care.

Social and Sexual Health

Inclusive schools and communities are accepting of all people and make them feel welcome and included.

· 2.1.8.SSH.1: Differentiate between gender identity, gender expression and sexual orientation.

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.3: Identify the state and federal laws related to minors' access to sexual healthcare services, including pregnancy and STIs/HIV prevention, testing, care, and treatment.

· 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.

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.

· 2.3.8.PS.3: Define interpersonal and sexual violence and describe their impacts on sexual health (e.g., sexual harassment, sexual assault, sexual abuse, incest, rape, domestic violence, coercion, dating violence).

Technology can impact the capacity of individuals to develop and maintain healthy behaviors and interpersonal relationships.

· 2.3.8.PS.6: Demonstrate strategies to use social media safely, legally, and respectfully (e.g., sexting,

sextortion).

· 2.3.8.PS.7: Evaluate the impact of technology and social media on relationships (e.g., consent, communication, respect).

Health Conditions, Diseases and Medicines

Diseases can be contracted from a variety of sources and choices individuals make may contribute to or prevent a person from being susceptible to a disease or health condition.

· 2.3.8.HCDM.1: Justify how the use of universal precautions, sanitation and waste disposal, proper food handling and storage, and environmental controls can prevent diseases and health conditions.

· 2.3.8.HCDM.2: Determine the role of genetics in being susceptible to disease and health conditions and identify the types of behavior that might reduce the risk factors.

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

Why do such a large number of physical, mental, emotional, and social changes occur during adolescence?

Why is it important for an adolescent to care for their reproductive system at this stage in life?

What role does adolescence play in human development?

Essential Understandings

all people grow at a different rate.

many physical, mental, emotonal, and social changes occur during adolescence.

there are steps that can be taken to maintain the health of your endocrine and reproductive systems.

certain traits are inherited through heredity.

human development is a lifelong process.

Students Will Know

- the physical, mental, social, and emotional changes that occur during adolescence
- the different parts and functions of the endocrine system, and the male and female reproductive systems.
- common disorders and health issues in body systems.
- how to maintain and take care of their body systems.
- the different stages of human development and the life cycle

Students Will Be Skilled At

key terms and concepts, including: adolescence, puberty, hormones, endocrine system, metabolism, diabetes, thyroid diseases, reproduction, reproductive systems, sperm, testes, semen, prostate gland, urethra, scrotum, penis, epididymis, hernia, testicular cancer, prostate cancer, sterility, ovaries, uterus, ovulation, menstruation, fallopian tubes, vagina, cervix, fertilization, chromosomes, genes, cell, tissue, organ, embryo, fetus, infancy, toddler, preschooler, adolescence, adulthood

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.

- follow all class rules and regulations.
- highlight personal changes experienced through adolescence.
- participate in group work to identify common disorders and health issues in body systems.
- complete a written assessment on common disorders and health issues and the different stages of human development and the life cycle
- answer the essential questions.

Learning Plan

- Preview the essential questions and connect to learning throughout the unit.
- Introduce the growing and changing unit, highlighting topics such as: the physical, mental, social, and emotional changes that occur during adolescence, the different parts and functions of the endocrine system, the male and female reproductive systems, common disorders and health issues in body systems, strategies to maintain and take care of their body systems, and the different stages of human development and the life cycle.
- Discuss key terms and concepts, including: adolescence, puberty, hormones, endocrine system, metabolism, diabetes, thyroid diseases, reproduction, reproductive systems, sperm, testes, semen, prostate gland, urethra, scrotum, penis, epididymis, hernia, testicular cancer, prostate cancer, sterility, ovaries, uterus, ovulation, menstruation, fallopian tubes, vagina, cervix, fertilization, chromosomes, genes, cell, tissue, organ, embryo, fetus, infancy, toddler, preschooler, adolescence, adulthood.
- Identify personal changes that occur during the stages of life and development.
- Complete a written assessment on common disorders and health issues and the different stages of human development and the life cycle.

Materials

Laptops

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 environments

Suggested Strategies for Modifications

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