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 the process of growth and change from birth to adulthood. Students will learn the different stages of life, along with the parts and functions of the reproductive system. Students will learn ways to apply knowledge gained during the unit to their own personal life.

Revision Date: July 2020

Essential Questions

- In what way does understanding the physical, mental, emotional, and social changes that occur during adolescence help an individual stay healthy at this stage in life?

- How does maintaining a healthy reproductive system as a teenager contribute to the ability to have healthy conception and pregnancy later on during adult life?

- What importance does understanding the stages in the human life cycle have when dealing with loss?

Essential Understandings

- there are several different building blocks and stages of life.
- it is important to maintain a healthy reproductive system.
- Many changes occur during the different stages of life.

- different traits and characteristics are inherited.

- It is important for both parents to make healthy choices during conception and pregnancy.
- being a parent is a major responsibility.

Students Will Know

- key terms and concepts, including: fertilization, egg cell, sperm, cells, tissues, organs, uterus, embryo, fetus, placenta, umbilical cord, cervix, heredity, chromosomes, genes, genetic disorder, birth defects, infancy, childhood, adolescence, adulthood, puberty, chronological age, biological age, social age, penis, vagina, scrotum, testes, urethra, fallopian tubes, ovaries, pregnancy.
- the parts and function of the male and female reproductive systems.
- the building blocks and stages of life.
- the factors that can cause birth defects.

Students Will Be Skilled At

- the different between chronological, biological, and social age.

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.

- complete a diagram labeling the different parts of a nutrition facts panel.
- work in groups to identify eating habits that would put one at risk for obesity and other health problems.
- complete a weekly nutrition log, followed by an analysis of their current eating habits.
- create a healthy meal plan.
- complete a written assessment on nutrients, nutrition fact panel, body image, and eating disorders.
- follow all class rules and regulations
- 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 parts and functions of the male and female reproductive system and the building blocks and stages of life.
- Discuss key terms and concepts, including: fertilization, egg cell, sperm, cells, tissues, organs, uterus, embryo, fetus, placenta, umbilical cord, cervix, heredity, chromosomes, genes, genetic disorder, birth defects, infancy, childhood, adolescence, adulthood, puberty, chronological age, biological age, social age, penis, vagina, scrotum, testes, urethra, fallopian tubes, ovaries, pregnancy.
- Learn about and create posters on the building blocks and stages of life.

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 environment.

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.

There are a variety of factors that affect the social, emotional, and financial challenges that are associated with parenthood.

· 2.1.8.PP.4: Predict challenges that may be faced by adolescent parents and their families.

· 2.1.8.PP.5: Identify resources to assist with parenting.

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.

· 2.1.8.SSH.2: Develop a plan for the school to promote dignity and respect for people of all genders, gender identities, gender expressions, and sexual orientations in the school community.

There are factors that contribute

Suggested Strategies for Modifications

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