

# Unit 4: Physical Health I (6)

Content Area: **Health**  
Course(s): **Health and Physical Ed**  
Time Period: **1 marking period**  
Length: **3 Weeks**  
Status: **Published**

## Unit Overview

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In this unit, students will identify the impact body image, caring for their bodies, growth and development, importance of adequate sleep, controlling diseases and nutrition has on their overall health.

## Transfer

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Students will be able to independently use their learning to...

successfully assess their physical health by evaluating each of the areas health including body image, caring for your body, growth and development, importance of adequate sleep, controlling disease and nutrition. This will allow the students to identify their weaknesses and take steps to improve their health.

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For more information, read the following article by Grant Wiggins.

[http://www.authenticeducation.org/ae\\_bigideas/article.lasso?artid=60](http://www.authenticeducation.org/ae_bigideas/article.lasso?artid=60)

## Meaning

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## Understandings

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Students will understand that...

-by identifying the areas of physical health and how they affect well-being, students will be able to address their strengths and weaknesses to improve overall physical health.

## **Essential Questions**

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Students will keep considering...

- Lifestyle habits, environment, heredity that influence growth
- Benefits and Risks associated with nutritional choices
- creating a balanced nutritional meal plan
- summarize means of detecting and treating diseases and health conditions
- summarize the common causes of intentional and unintentional injuries in adolescents
- explain what to do if abuse is suspected or occurs
- identify signs and symptoms of pregnancy
- predict challenges that may be faced by adolescents parents and their families
- determine the consequences of not getting enough sleep

## **Application of Knowledge and Skill**

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### **Students will know...**

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Students will know...

how body image, caring for your body, growth and development, importance of adequate sleep, controlling disease and nutrition affect their overall health.

### **Students will be skilled at...**

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Students will be skilled at...

identifying body image, caring for your body, growth and development, controlling disease and nutrition and how they will be able to address their strengths and weaknesses to improve overall health.

## **Academic Vocabulary**

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Body image

eating disorder

anorexia disorder

bulimia nervosa

binge eating disorder

epidermis

dermis

acne

dandruff

head lice

plaque

cavity

nersightedness

farsightedness

astigmatism

nutrients

carbohydrates

dietary fiber

protein

fats

vtiamins

minerals

communicable disease

pathogens

influenza

mononucleosis  
conjunctivitis  
noncommunicable diseases  
heart attack  
stroke  
cancer  
vaccine  
reproductive system  
ovulation  
menstruation  
fertilization  
prenatal care  
embryo  
fetus  
sleep deprived  
short sleepers  
insomnia  
sleep apnea

## **Learning Goal 1**

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Students will identify and explain the various factors that affect a person's body image

- Students will identify and explain the various factors that affect a person's body image

CRP.K-12.CRP1                      Act as a responsible and contributing citizen and employee.

CRP.K-12.CRP3                      Attend to personal health and financial well-being.

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

CRP.K-12.CRP5                      Consider the environmental, social and economic impacts of decisions.

CRP.K-12.CRP6	Demonstrate creativity and innovation.
CRP.K-12.CRP8	Utilize critical thinking to make sense of problems and persevere in solving them.
CRP.K-12.CRP9	Model integrity, ethical leadership and effective management.
HPE.2.2.6.A.1	Demonstrate verbal and nonverbal interpersonal communication in various settings that impact the health of oneself and others.
HPE.2.2.6.A.CS1	Effective communication may be a determining factor in the outcome of health- and safety-related situations.
HPE.2.2.6.E.1	Determine the validity and reliability of different types of health resources.
HPE.2.2.6.E.CS1	Health literacy includes the ability to compare and evaluate health resources.
HPE.2.2.6.E.CS2	Communicating health needs to trusted adults and professionals assists in the prevention, early detection, and treatment of health problems.

## Target 1

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Students will explore various factors that affect a person's body image and that both positive and negative influences affect their overall view of their bodies.

## Target 2

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Students will explore how an unhealthy body image increases the likelihood of unhealthy eating behaviors that may lead to eating disorders.

## Learning Goal 2

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Students will understand the importance of taking care of their bodies

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CRP.K-12.CRP1	Act as a responsible and contributing citizen and employee.
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CRP.K-12.CRP4	Communicate clearly and effectively and with reason.
CRP.K-12.CRP5	Consider the environmental, social and economic impacts of decisions.
CRP.K-12.CRP6	Demonstrate creativity and innovation.
CRP.K-12.CRP8	Utilize critical thinking to make sense of problems and persevere in solving them.
CRP.K-12.CRP9	Model integrity, ethical leadership and effective management.
HPE.2.1.6.A.2	Relate how personal lifestyle habits, environment, and heredity influence growth and development in each life stage.
HPE.2.1.6.A.3	Determine factors that influence the purchase of healthcare products and use of personal

	hygiene practices.
HPE.2.1.6.C.1	Summarize means of detecting and treating diseases and health conditions that are prevalent in adolescents.
HPE.2.2.6.E.2	Distinguish health issues that warrant support from trusted adults or health professionals.

### **Target 1**

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Students will be introduced to the structure and function of parts of their body, and methods and resources that can help them care for their body.

### **Learning Goal 3**

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Students will understand and explain growth and development including pregnancy.

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|---------------|---|
| CRP.K-12.CRP1 | Act as a responsible and contributing citizen and employee.   |
| CRP.K-12.CRP3 | Attend to personal health and financial well-being.   |
| CRP.K-12.CRP4 | Communicate clearly and effectively and with reason.  |
| CRP.K-12.CRP5 | Consider the environmental, social and economic impacts of decisions.   |
| CRP.K-12.CRP6 | Demonstrate creativity and innovation.  |
| CRP.K-12.CRP8 | Utilize critical thinking to make sense of problems and persevere in solving them.                              |
| CRP.K-12.CRP9 | Model integrity, ethical leadership and effective management.   |
| HPE.2.4.6.B.1 | Compare growth patterns of males and females during adolescence.  |
| HPE.2.4.6.B.2 | Summarize strategies to remain abstinent and resist pressures to become sexually active.                        |
| HPE.2.4.6.B.4 | Predict the possible physical, social, and emotional impacts of adolescent decisions regarding sexual behavior. |
| HPE.2.4.6.C.1 | Summarize the sequence of fertilization, embryonic growth, and fetal development during pregnancy.              |
| HPE.2.4.6.C.2 | Identify the signs and symptoms of pregnancy.   |

### **Target 1**

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Students will be able to explain and compare the growth patterns of males and females during adolescence

### **Target 2**

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Students will explain the growth and development of the human fetus from fertilization until birth.

### **Target 3**

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Students will explain the factors that affect the health of both the mother and the fetus.

### **Learning Goal 4**

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Students will identify various infectious and noninfectious diseases and how diseases affect their bodies.

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CRP.K-12.CRP5	Consider the environmental, social and economic impacts of decisions.
CRP.K-12.CRP6	Demonstrate creativity and innovation.
CRP.K-12.CRP8	Utilize critical thinking to make sense of problems and persevere in solving them.
CRP.K-12.CRP9	Model integrity, ethical leadership and effective management.
HPE.2.1.6.C.1	Summarize means of detecting and treating diseases and health conditions that are prevalent in adolescents.
HPE.2.1.6.C.2	Determine the impact of public health strategies in preventing diseases and health conditions.
HPE.2.1.6.C.3	Compare and contrast common mental illnesses (such as depression, anxiety and panic disorders, and phobias) and ways to detect and treat them.

### **Target 1**

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Students will identify diseases and how diseases affect their bodies.

### **Target 2**

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Students will describe types of infectious and noninfectious diseases and the human body's defenses against disease.

### **Learning Goal 5**

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Students will explain why nutrition is important to a person's health and well-being as well as the essential nutrients and the function of each nutrient

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CRP.K-12.CRP1	Act as a responsible and contributing citizen and employee.
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CRP.K-12.CRP8	Utilize critical thinking to make sense of problems and persevere in solving them.
CRP.K-12.CRP9	Model integrity, ethical leadership and effective management.
HPE.2.1.6.B.1	Determine factors that influence food choices and eating patterns.
HPE.2.1.6.B.2	Summarize the benefits and risks associated with nutritional choices, based on eating patterns.
HPE.2.1.6.B.3	Create a daily balanced nutritional meal plan based on nutritional content, value, calories, and cost.
HPE.2.1.6.B.4	Compare and contrast nutritional information on similar food products in order to make informed choices.

### **Target 1**

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Students will explain why nutrition is important to a person's health and well-being.

### **Target 2**

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Students will identify the six classes of essential nutrients and how the body uses each nutrient.

### **Summative Assessment**

- Essay
- Projects
- Quizzes
- Test

### **Formative Assessment and Performance Opportunities**

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- Observation
- think-pair-share
- Worksheets

## **Differentiation/Enrichment**

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how healthy are you

building your skills

graphic organizers

case studies

## **Unit Resources**

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textbook

laptops

topic related videos

topic related worksheets

myplate.gov

