

# Unit 4: Personal Health (grade 5)

Content Area: **Physical Education**  
Course(s): **Health and Physical Ed**  
Time Period: **4th Marking Period**  
Length: **1 Weeks**  
Status: **Published**

## Unit Overview

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Students will know what to expect and how to take care of their changing bodies.

## Transfer

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Students will be able to independently use their learning to...  
take care of their bodies to live a healthy lifestyle.

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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...

- bodies change during puberty
- how to take care of their changing bodies

-taking care of your body will keep you healthy

### **Essential Questions**

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Students will keep considering...

-how can I keep my body safe and clean?

### **Application of Knowledge and Skill**

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

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Students will know...

They should know about diseases and causes of diseases

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

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Students will be skilled at...

Being able to use preventative measures to keep their bodies healthy

### **Academic Vocabulary**

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## **Learning Goal 1**

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Students will be able to discuss the 4 dimensions of health

- Students will be able to discuss the 4 dimensions of health

HPE.2.1.6.A.1 Explain how health data can be used to assess and improve each dimension of personal wellness.

HPE.2.1.6.A.CS1 Staying healthy is a lifelong process that includes all dimensions of wellness.

## **Target 1**

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List the 4 dimensions of health

## **Target 2**

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Explain each of the 4 dimensions of health

## **Learning Goal 2**

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Students will understand how their bodies are changing through adolescents

- Students will understand how their bodies are changing through adolescents

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.

## **Target 1**

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List changes that happen in body during adolescents

## **Target 2**

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Understand what needs to be done to keep good hygiene with our changing bodies

## **Target 3**

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Make thoughtful decisions about buying healthcare products

## **Summative Assessment**

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worksheets

visual assessment

## **21st Century Life and Careers**

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WORK.5-8.9.2.8 E.5

Compare prices of similar items from different sellers.

## **Formative Assessment and Performance Opportunities**

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project

## **Differentiation/Enrichment**

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## **Unit Resources**

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