

# 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.
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HPE.2.1.6.A.CS1	Staying healthy is a lifelong process that includes all dimensions of wellness.
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## **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.
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HPE.2.1.6.A.3	Determine factors that influence the purchase of healthcare products and use of personal hygiene practices.
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## **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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