

# Health

Content Area: **P.E. & Health**  
Course(s): **Health 5, Health 4**  
Time Period: **MP1-4**  
Length: **MP1-4**  
Status: **Published**

## Big Ideas

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- Human Body
- Public/Private Places
- Dental Hygiene
- Exercise
- Food Groups

## Enduring Understandings

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- 2.1.4.A.2 Determine the relationship of personal health practices and behaviors on an individual's body systems.
- 2.1.4.B.1 Explain how healthy eating provides energy, helps to maintain healthy weight, lowers risk of disease, and keeps body systems functioning effectively.
- 2.1.4.B.2 Differentiate between healthy and unhealthy eating practices.
- 2.5.4.A.2 Use body management skills and demonstrate control when moving in relation to others, objects, and boundaries in personal and general space.
- 2.6.4.A.1 Determine the physical, social, emotional, and intellectual benefits of regular physical activity.