Health

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

Big Ideas

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

Enduring Understandings

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.