Unit 3- Personal Growth and Development

Content Area: **P.E. & Health**
Course(s): **Health 2**
Time Period: **Marking Period 3**
Length: **3**
Status: **Published**

Essential Questions

- What are some examples of personal hygiene? .
- How can they support wellness

Big Ideas

- Personal hygiene and self-help skills promote healthy habits.

Enduring Understandings

2.3.2.PS.1: Demonstrate personal habits and behaviors that contribute to keeping oneself and others healthy and the environment clean and safe.

2.1.2.PGD.4: Use correct terminology to identify body parts and explain how body parts work together to support wellness.

2.1.2.PGD.5: List medically accurate names for body parts.

Resources

- **https://www.youtube.com/watch?v=zNTUMNKSNwk&t=66s**

Great Body Shop: Magazine titled When I Feel Afraid