Unit 1 Personal Growth and Development

Content Area: **P.E. & Health**
Course(s): **Health 3**
Time Period: **Marking Period 1**
Length: **2 days**
Status: **Published**

Essential Questions

How can I prevent my body from getting sick?

Big Ideas

- Health is influenced by the interaction of body systems.

Enduring Understandings

2.1.5.PGD.1: Identify effective personal health strategies and behaviors that reduce illness, prevent injuries, and maintain or enhance one's wellness (e.g., adequate sleep, balanced nutrition, ergonomics, regular physical activity)

Resources

- **Epic books: https://www.getepic.com/book/83608307/your-world-germs-addition-and-subtraction?utm_source=t2t&utm_medium=link&utm_campaign=content&share=9904165042**

- **https://www.getepic.com/book/50404961/get-a-good-nights-sleep?utm_source=t2t&utm_medium=link&utm_campaign=content&share=9904165042**

- https://www.getepic.com/book/64637982/choose-myplate-for-healthy-eating?utm_source=t2t&utm_medium=link&utm_campaign=content&share=9904165042
- Brain Pop- Nutrition: https://www.youtube.com/watch?v=cNzN-6VRFFY
- Great Body Shop: Magazine titled Let's Eat

- Great Body Shop: Magazine titled Finding Out About Bones