Unit 4 Health Conditions, Diseases and Medicines

Content Area: **P.E. & Health**
Course(s): **Health 3**
Time Period: **Marking Period 4**
Length: **3 days**
Status: **Published**

Essential Questions

- How can I prevent the spread of illnesses?
- What is mental health and how can it impact a person's wellbeing?
- What are health conditions and how do they stop the body from working efficiently?

Big Ideas

- There are actions that individuals can take to help prevent diseases and stay healthy.

Enduring Understandings

2.3.5.HCDM.1: Identify conditions that may keep the human body from working properly, and the ways in which the body responds.

2.3.5.HCDM.2: Describe how to prevent the spread of communicable and infection diseases and conditions (e.g., Lyme Disease, influenza)

2.3.5.HCDM.3: Examine how mental health can impact one's wellness (e.g., depression, anxiety, stress, phobias).

Resources

- **Immune System Brain Pop: https://www.youtube.com/watch?v=moj9KQ-oizA&t=1s**

- What is Mental Health Youtube: https://www.youtube.com/watch?v=rSpg5Jxgjfc
- Great Body Shop: Magazine titled Things You Might Catch