Unit 1-4A Personal Growth and Development

Content Area: **P.E. & Health**
Course(s): **Health 5**
Time Period: **MP1-4**
Length: **Days 1-10**
Status: **Published**

Essential Questions

- What is puberty?
- Who are adults that I can trust and ask questions related to my health?

Big Ideas

Puberty is a time of physical, social, and emotional changes.

Career Education

9.1.5.EG.1 Explain and give examples of what is meant by the term "tax"

Activity/Connection

Explore athletic careers associated with Physical Education.

Enduring Understandings

2.1.5.PGD.2: Examine how the body changes during puberty and how these changes influence personal self-care.

2.1.5.PGD.3: Explain the physical, social, and emotional changes that occur during puberty and adolescence and why the onset and progression of puberty can vary. 2.1.5.PGD.4: Explain common human sexual development and the role of hormones (e.g., romantic and sexual feelings, masturbation, mood swings, timing of pubertal onset).

2.1.5.PGD.5: Identify trusted adults, including family members, caregivers, school staff, and health care professionals, whom students can talk to about relationships and ask questions about puberty and adolescent health.

Resources

- **The Care and Keeping of You: The Body Book for Younger Girls by Valorie Schaefer**
- **Guy Stuff: The Body Book for Boys by Cara Natterson**

- https://teenshealth.org/en/kids/puberty.html?WT.ac=en-k-girls-puberty-center-d#catgirlstuff
- https://www.youtube.com/watch?v=kzjbyEiuruM
- https://www.youtube.com/watch?v=0RrXAhtObBI