

# 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

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

## Big Ideas

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

## Career Education

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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

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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

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- **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>