MP1- Personal Growth and Development

Content Area: **P.E. & Health**
Course(s): **Health K**
Time Period: **Marking Period 1**
Length: **MP1**
Status: **Published**

Essential Questions

- What are ways to stay healthy?

Big Ideas

- Individuals enjoy different activities and grow at different rates.
- Personal hygiene and self-help skills promote healthy habits.

Enduring Understandings

2.1.2.PGD.1: Explore how activity helps all human bodies stay healthy.

2.1.2.PGD. 2: Develop an awareness of healthy habits (e.g., wash hands, cough in arm, brush teeth).

2.1.2.PGD.3: Explain what being “well” means and identify self-care practices that support wellness.

Resources

- **https://www.getepic.com/book/66603341/eat-healthy-foods?utm_source=t2t&utm_medium=link&utm_campaign=content&share=9904165042**
- https://www.youtube.com/watch?v=eNmte6Xe3R4
- The Great Body Shop: My Body is Special
- The Great Body Shop: Keeping Clean and Healthy