

# 02\_Unit 2: Personal Growth and Development

Content Area: **Physical Education/Health**  
Course(s):  
Time Period: **Marking Period**  
Length: **1 week (5 lessons)**  
Status: **Published**

## **General Overview, Course Description or Course Philosophy**

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Health will provide students with the physical and health literacy that enables them to pursue a life of wellness. The knowledge and skills gained throughout the course will help them to pursue healthy habits and productive lives at home, school and throughout their community. During the eighth grade curriculum the students will focus on "Personal Growth and Development", "Personal Safety", "Social Health", "Sexual Health", "Pregnancy and Parenting", "Health Conditions, Diseases and Medicine", and "Community Health Services and Support".

## **OBJECTIVES, ESSENTIAL QUESTIONS, ENDURING UNDERSTANDINGS**

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## **RELATED STANDARDS (Technology, 21st Century Life & Careers, ELA Companion Standards are Required)**

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LA.RI.6.1	Cite textual evidence and make relevant connections to support analysis of what the text says explicitly as well as inferences drawn from the text.
LA.SL.6.1.A	Come to discussions prepared, having read or studied required material; explicitly draw on that preparation by referring to evidence on the topic, text, or issue to probe and reflect on ideas under discussion.
LA.SL.6.1.C	Pose and respond to specific questions with elaboration and detail by making comments that contribute to the topic, text, or issue under discussion.
LA.SL.6.1.D	Review the key ideas expressed and demonstrate understanding of multiple perspectives through reflection and paraphrasing.
WRK.K-12.P.8	Use technology to enhance productivity increase collaboration and communicate effectively.
TECH.9.4.8.DC.4	Explain how information shared digitally is public and can be searched, copied, and potentially seen by public audiences.
TECH.9.4.8.IML.10	Examine the consequences of the uses of media (e.g., RI.8.7).
TECH.9.4.8.IML.11	Predict the personal and community impact of online and social media activities.

## **CONTENT AREA STANDARDS**

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## **STUDENT LEARNING TARGETS**

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### **Declarative Knowledge**

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Students will understand that:

- adolescence is a time of rapid change and growth.
- adolescence is the stage of life between childhood and adulthood.
- puberty is the time when you develop the physical characteristics of an adult.
- hormones are the chemical substances produced in certain glands that help regulate the way your body functions.
- the reproductive system makes it possible for people to produce children.
- reproduction is the process by which organisms produce others of their own kind.
- the reproductive system is the body systems and structures that make it possible to produce children.
- the main purpose of the male reproductive system is to produce and release sperm.
- sperm is the male reproductive cells.
- testes are the pair of glands that produce sperm.
- semen is a mixture of fluids that protect sperm and carry them through the male reproductive system.
- hernia is when an internal organ pushes against or through a surrounding cavity wall.
- the female reproductive system has three main functions to produce and store eggs, to create and nurture offspring, and to deliver a baby.
- fertilization is the joining of a male sperm cell and female egg cell to form a fertilized egg.
- the ovaries are the female endocrine glands that release mature eggs and produce the hormones and estrogen and progesterone.
- the uterus is a pear-shaped organ, located within the pelvis, in which the developing baby is nourished and protected.
- ovulation is the process by which the ovaries release mature eggs.
- menstruation occurs with the flow from the body of blood, tissues, and fluids that result from the breakdown of the lining of the uterus.
- gynecologist is a doctor who specializes in the female reproductive system.

## **Procedural Knowledge**

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Students will be able to:

Describe the human reproductive systems.

- Describe changes during puberty.
- Define adolescence, puberty, hormones
- Identify and describe the male reproductive system.
- Define reproduction, reproductive system, sperm, testes, semen, hernia.
- Identify and describe the female reproductive system.
- Define fertilization, ovaries, uterus, ovulation, menstruation, gynecologist.

## **EVIDENCE OF LEARNING**

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### **Formative Assessments**

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Questions that may be addressed but not limited to are:

What is the human reproductive system?

Other resources:

- observation
- one-on-one conferences
- questioning
- graphic organizers
- anecdotal notes
- self-assessments
- exit tickets

## **Summative Assessments**

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Questions that may be addressed but not limited to are:

What is the human reproductive system?

Other resources:

- graphic organizers
- open ended writing activities
- homework
- culminating activities, i.e., skits, presentations, creating a product
- tests/quizzes

## **RESOURCES (Instructional, Supplemental, Intervention Materials)**

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Health Textbook - Bronson, Mary H. et al. *teen health*. Columbus: McGraw-Hill Education; 2014.

## **INTERDISCIPLINARY CONNECTIONS**

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English/Language Arts - implementation of conventions of Standard English, information writing

Technology/Multi-Media - audio/visual media analysis, creating products using technology, Google

Math - categorizing, statistics, computations

Visual and Performing Arts - debate, presentations

Science - biology, human reproductive system.

## **ACCOMMODATIONS & MODIFICATIONS FOR SUBGROUPS**

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See link to Accommodations & Modifications document in course folder.