

## 4. Child Development

Content Area: **Physical Education/Health**  
Course(s):  
Time Period: **Full Year**  
Length: **5 Blocks**  
Status: **Published**

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

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The Kinnelon School District Grade 9 Health Education Curriculum was designed with the goal of helping students to attain Health Literacy as they move forward through the complexities of the 21st century. “Healthy students are learners who are knowledgeable, productive, emotionally healthy, motivated, socially engaged and ready for the world beyond their own borders. As part of the state’s initiative to prepare students to function optimally as global citizens and workers, the contemporary view of health and physical education focuses on taking responsibility for one’s health through an active, healthy lifestyle that fosters a lifelong commitment to wellness” (NJSLs; CHPE; ASCD 2004).

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

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Personal growth and development are lifelong processes of physical, behavioral, emotional and follows chronological benchmarks, however, individuals generally enjoy different activities and grow at different rates. In particular, puberty is a time of physical, hormonal, social and emotional change that can vary among young people of different cultures, nutritional diets and healthy or unhealthy lifestyles. An individual’s actions, genetics and family history can play a significant role in a young person’s growth and development (Adapted from 2020, NJSLs, Comprehensive HPE).

Students will explore the stages of development children experience from birth through age five including brain growth, language development and what shapes their view of right and wrong. Students will discuss conditions that influence growth and development and study classic theories of child development including Piaget, Freud and Erickson.

### **CONTENT AREA STANDARDS**

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HE.9-12.2.1.12.PP.9

Evaluate parenting strategies used at various stages of child development based on reliable sources of information.

HE.9-12.2.1.12.PGD.2

Predict how healthy and unhealthy behaviors can affect brain development and impact physical, social and emotional stages of early adulthood.

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

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### **STUDENT LEARNING TARGETS**

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#### **Declarative Knowledge**

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Students will understand:

- the general stages of child development.
- Adler's Birth Order Theory.
- gender stereotypes.
- Freud's 5 stages of Psychosexual Development
- Erickson's 8 stages of Psychosocial Development

#### **Procedural Knowledge**

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Students will be able to:

- Predict how healthy and unhealthy behaviors can affect brain development and impact physical, social and emotional stages of early adulthood.
- Evaluate parenting strategies used at various stages of child development based on reliable sources of information.
- analyze Piaget's Stages of Development.
- analyze strategies that promote growth and development across the lifespan.
- evaluate parenting practices that maximize human growth and development.
- analyze the role of nutrition on all aspects of growth and development.
- compare trends in growth and development across various countries of the world.
- research and discuss Adler's Birth Order Theory.
- analyze and discuss gender stereotypes.
- analyze and discuss Freud's 5 stages of Psychosexual Development
- analyze and discuss Erickson's 8 stages of Psychosocial Development

## **EVIDENCE OF LEARNING**

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### **Formative Assessments**

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- Assign small groups various stages of development from the variety of theories presented and have them create presentations
- Write an opinion paper on Adler's Birth Order Theory
- Notebook check
- Journal writing
- Partner Q & A
- Small Group Q & A
- Daily Closure Review Activity

### **Summative Assessments**

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Quizzes, Tests, Projects, Poster Displays, Small Group Presentations

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

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Glencoe Textbook

<https://www.cdc.gov/ncbddd/actearly/milestones>

<http://justfacs.com/lesson-ideas/child-development/>

<http://www.adlerian.us/birthord.htm>

<https://www.verywellmind.com/erik-eriksons-stages-of-psycho-social-development-2795740>

Survival Guide for Parents

Video Presentations: The First Years Last Forever, The Difference Between Boys and Girls

Teverner Textbook

## **INTERDISCIPLINARY CONNECTIONS**

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## **ACCOMMODATIONS & MODIFICATIONS FOR SUBGROUPS**

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See link to Accommodations & Modifications document in course folder.