

## 5. Aging through the Life Cycle

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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The human body constantly develops and changes throughout the human life cycle, and nutritious foods provide the fuel for those changes. The major stages of the human life cycle include pregnancy, infancy, toddler years, childhood, puberty, older adolescence, adulthood, middle age and the senior years (<http://med.libtexts.org>). Understanding and embracing each stage of life can help individuals and family members with the emotional and psychological changes that often accompany the physical changes.

The goal of this unit is for students to research and discuss the various stages of life and to gain the insight and understanding that aging and death are a normal part of the life cycle. Further, grief often accompanies some of these stages, and understanding grief can help provide emotional support for family members.

### **CONTENT AREA STANDARDS**

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HE.9-12.2.1.12.EH.1	Recognize one’s personal traits, strengths, and limitations and identify how to develop skills to support a healthy lifestyle.
HE.9-12.2.1.12.EH.2	Analyze factors that influence the emotional and social impact of mental health illness on the family.
HE.9-12.2.1.12.EH.3	Describe strategies to appropriately respond to stressors in a variety of situations (e.g., academics, relationships, shootings, death, car accidents, illness).
HE.9-12.2.1.12.PP.4	List the major milestones of each trimester of fetal development utilizing medically accurate information.
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.CHSS.1	Analyze the opportunities available at home, in school, and in the community to support the mental health of oneself or an individual.
HE.9-12.2.1.12.CHSS.8	Investigate how local, state, and global agencies are addressing health issues caused by climate change and share this information in an appropriate setting.
HE.9-12.2.1.12.CHSS.9	Develop an action plan to assist individuals who have feelings of sadness, anxiety, stress, trauma, or depression and share this information with individuals who will benefit.

## **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:

- how to recognize one's personal traits, strengths, and limitations and identify how to develop skills to support a healthy lifestyle.
- strategies to appropriately respond to stressors in a variety of situations (e.g., academics, relationships, shootings, death, car accidents, illness).

### **Procedural Knowledge**

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Students will be able to:

- Analyze the opportunities available at home, in school, and in the community to support the mental health of oneself or an individual.
- Investigate how local, state, and global agencies are addressing health issues caused by climate change and share this information in an appropriate setting.
- Develop an action plan to assist individuals who have feelings of sadness, anxiety, stress, trauma, or depression and share this information with individuals who will benefit.
- Analyze factors that influence the emotional and social impact of mental health illness on the family.
- List the major milestones of each trimester of fetal development utilizing medically

accurate information.

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

## **EVIDENCE OF LEARNING**

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### **Formative Assessments**

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- Small group presentations related to each stage of life
- Invite mental health counselors to discuss stages of grief and healing after the death of a loved one.
- Writing assignment to identify personal choices that may have negative effects on a particular life stage (smoking during adolescence etc)
- Write a reflection paper on the film Tuesdays with Morrie
- 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 Text

Getchell Text - Understanding the Aging Process

Video Presentation - Tuesdays with Morrie

Kubler-Ross Stages of Grief

<https://med.libretexts.org/>

## **INTERDISCIPLINARY CONNECTIONS**

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## **ACCOMMODATIONS & MODIFICATIONS FOR SUBGROUPS**

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See link to Accommodations & Modifications document in course folder.