

01_Unit 1: Personal Growth and Development

Content Area: **Physical Education/Health**
Course(s):
Time Period: **Full Year**
Length: **On-going**
Status: **Published**

General Overview, Course Description or Course Philosophy

Health 3

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 third grade curriculum the students will focus on "Personal Growth and Development", "Social Health", "Community Health Services and Support", and "Nutrition".

OBJECTIVES, ESSENTIAL QUESTIONS, ENDURING UNDERSTANDINGS

Unit Summary:

Personal Growth and Development are lifelong processes of physical, behavioral, emotional and cognitive change throughout one's lifetime. Personal Growth and Development pertains to keeping your body healthy. It encompasses the human condition: who we are, how we grow or evolve, and how interaction with others affects the process of growth physically, mentally, socially, and emotionally from infancy through advanced age.

Essential Question(s):

- What do humans need to stay healthy?

Enduring Understanding(s):

- Health is influenced by the interaction of body systems.

CONTENT AREA STANDARDS

HE.3-5.2.1.5.PGD.1	Identify effective personal health strategies and behaviors that reduce illness, prevent injuries, and maintain or enhance one's wellness (e.g., adequate sleep, balanced nutrition, ergonomics, regular physical activity).
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RELATED STANDARDS (Technology, 21st Century Life & Careers, ELA Companion Standards are Required)

LA.L.3.1	Demonstrate command of the conventions of standard English grammar and usage when writing or speaking.
LA.RF.3.3	Know and apply grade-level phonics and word analysis skills in decoding and encoding words.
LA.RF.3.4	Read with sufficient accuracy and fluency to support comprehension.
LA.RI.3.1	Ask and answer questions, and make relevant connections to demonstrate understanding of a text, referring explicitly to the text as the basis for the answers.
LA.RL.3.10	By the end of the year, read and comprehend literature, including stories, dramas, and poems at grade level text-complexity or above, with scaffolding as needed.
MA.3.MD.A	Solve problems involving measurement and estimation of intervals of time, liquid volumes, and masses of objects.
MA.3.NF.A	Develop understanding of fractions as numbers.
WRK.K-12.P.1	Act as a responsible and contributing community members and employee.
WRK.K-12.P.4	Demonstrate creativity and innovation.
WRK.K-12.P.5	Utilize critical thinking to make sense of problems and persevere in solving them.
WRK.K-12.P.9	Work productively in teams while using cultural/global competence.
TECH.K-12.P.1	Act as a responsible and contributing community members and employee.
TECH.K-12.P.4	Demonstrate creativity and innovation.
TECH.K-12.P.5	Utilize critical thinking to make sense of problems and persevere in solving them.

EVIDENCE OF LEARNING

Formative Assessments

For this unit, formative assessments can/will include:

- observation

- one-on-one
- questioning
- graphic organizers/worksheet
- anecdotal notes
- [BINGO - Healthy Habits - boards and calling cards.pdf](#)

Summative Assessments

For this unit, summative assessments can/will include:

- graphic organizers/worksheet
- homework
- tests/quizzes
- culminating alternative activity

STUDENT LEARNING TARGETS

Declarative Knowledge

Students will understand that:

- A balanced diet includes eating foods (in the proper amounts and proportions needed to maintain health or growth) from all 3 food groups—vegetables and fruit, whole grain products, and protein foods.
- Hygiene is the practice of keeping clean to stay healthy and prevent disease.
- Anxious is when one feels worried or nervous.
- Mental means relating to the mind.
- Mindfulness means being aware of your thoughts and feelings.
- Mindfulness helps to keep your brain well.
- Nutritious means it is good for people to eat.
- Stressed is to feel emotional strain or pressure.
- Humans should eat a balanced diet in order to stay healthy. This includes eating a variety of fresh vegetables and fruit.
- Drinking plenty of water, getting exercise, having good hygiene, and getting plenty of sleep are important to staying healthy.
- Mental health is also an important part of staying healthy and well. It impacts how you think, feel, and act.

- Staying healthy means including the three types of movement (strength, endurance, flexibility) during exercise.

Procedural Knowledge

Students will be able to:

- Define balanced, hygiene, anxious, mental, mindfulness, nutritious, stressed.
- Identify what humans need to stay healthy (Identify effective personal health strategies and behaviors that reduce illness, prevent injuries, and maintain or enhance one's wellness (e.g., adequate sleep, balanced nutrition, ergonomics, regular physical activity)).

RESOURCES (Instructional, Supplemental, Intervention Materials)

Resources Include:

[BBC Learning - What Do Humans Need To Stay Healthy](#)

Get Epic: *Be Well!: A Hero's Guide to a Healthy Mind and Body*, By: *Elsie Olson*

INTERDISCIPLINARY CONNECTIONS

English/Language Arts - implementation of conventions of Standard English, reading and comprehension

Technology/Multi-Media - Audio/visual media analysis

Math - proportions

Visual and Performing Arts - debate

ACCOMMODATIONS & MODIFICATIONS FOR SUBGROUPS

See link to Accommodations & Modifications document in course folder.