

01_Unit 1: Personal Growth and Development

Content Area: **Physical Education/Health**
Course(s):
Time Period: **Trimester**
Length: **Puberty Ed Lesson(s)**
Status: **Published**

General Overview, Course Description or Course Philosophy

Health 5

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 fifth grade curriculum the students will focus on "Personal Growth and Development", "Pregnancy and Parenting", "Social and Sexual Health", and "Dependency, Substances Disorder and Treatment".

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 and understanding hormonal changes (all body systems) and their impact. 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 happens during puberty and how will it affect me?

Enduring Understanding(s):

- Health is influenced by the interaction of body systems.
- Puberty is a time of physical, social, and emotional changes.

CONTENT AREA STANDARDS

HE.3-5.2.1.5.PGD.2	Examine how the body changes during puberty and how these changes influence personal self-care.
HE.3-5.2.1.5.PGD.3	Explain the physical, social, and emotional changes that occur during puberty and adolescence and why the onset and progression of puberty can vary.
HE.3-5.2.1.5.PGD.4	Explain common human sexual development and the role of hormones (e.g., romantic and sexual feelings, masturbation, mood swings, timing of pubertal onset).
HE.3-5.2.1.5.PGD.5	Identify trusted adults, including family members, caregivers, school staff, and health care professionals, whom students can talk to about relationships and ask questions about puberty and adolescent health.

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

LA.RI.5.4	Determine the meaning of general academic and domain-specific words and phrases in a text relevant to a grade 5 topic or subject area.
LA.RI.5.10	By the end of year, read and comprehend literary nonfiction at grade level text-complexity or above, with scaffolding as needed.
LA.RI.4.10	By the end of year, read and comprehend literary nonfiction at grade level text-complexity or above, with scaffolding as needed.
LA.RF.5.3	Know and apply grade-level phonics and word analysis skills in decoding and encoding words.
LA.RF.5.4	Read with sufficient accuracy and fluency to support comprehension.
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.

STUDENT LEARNING TARGETS

Declarative Knowledge

Students will understand that:

- Puberty is a series of changes that your body goes through as you grow up.
- Each person is unique so the changes that occur are different for everyone and everyone will develop them at different times.
- Some of the changes that girls might go through during puberty are: height and breast growth, body hair may grow, increase in body odor, skin and hair gets oily, mood changes, and girls will start their period.
- Body hair may grow under the arms, on the legs and in the pubic area for girls.
- In boys, some of the changes that they might go through are: they may grow taller, stronger, bigger, and the penis and testicles grow.
- Other changes that might occur for boys during puberty are: the voice grows deeper, hair gets oily, facial hair grows on the face, legs, arms, chest and pubic area.
- In girls, the pituitary gland located under the front of the brain sends signals to the ovaries to begin making a hormone called estrogen during puberty. The estrogen then travels throughout the entire body and causes all of the symptoms or changes of puberty.
- In boys, the pituitary gland located under the front of the brain sends signals to the testicles to begin make a hormone called testosterone during puberty. The testosterone then travels throughout the entire body and causes all of the symptoms or changes of puberty.
- Puberty will most likely occur between the ages of 8 and 13 for girls and 10 and 17 for boys.
- During this time, taking showers or baths while using shampoo, conditioner, soap or body wash are an important self-care tool to combat body odor.
- Using deodorant may also be important in battling body odor.
- Pimples may occur during puberty because of a substance called sebum. Washing one's face twice a day with a gentle cleanser may help minimize breakouts, but it may not be able to stop them entirely.
- Teeth should be brushed twice a day to maintain clean teeth, health gums, and eliminate bad breath.
- Shaving hair during puberty may become an important part of your self-care routine.
- Eating healthy, getting plenty of sleep, and exercising regularly are important during puberty.
- Trusted adults (e.g., parent, aunt, uncle, teacher, guidance counselor, nurse) are there to help talk about relationships, puberty, and health.

Students will be able to:

- Define puberty.
- Examine how the body changes during puberty and how these changes influence personal self-care.
- Explain the physical, social, and emotional changes that occur during puberty and adolescence and why the onset and progression of puberty can vary.
- Explain common human sexual development and the role of hormones (e.g., romantic and sexual feelings, masturbation, mood swings, timing of pubertal onset).
- Identify trusted adults, including family members, caregivers, school staff, and health care professionals, whom students can talk to about relationships and ask questions about puberty and adolescent health.

EVIDENCE OF LEARNING

Formative Assessments

For this unit, formative assessments can/will include:

- observation
- one-on-one
- questioning
- graphic organizers/worksheet
- anecdotal notes

Summative Assessments

For this unit, summative assessments can/will include:

- graphic organizers/worksheet
- homework
- tests/quizzes

- culminating alternative activity

RESOURCES (Instructional, Supplemental, Intervention Materials)

Resources Include:

[Always Girls Puberty Education Video](#)

[Always Boys Puberty Education Video](#)

INTERDISCIPLINARY CONNECTIONS

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

Technology/Multi-Media - Audio/visual media analysis

Visual and Performing Arts - debate

Social Studies - Civics, Community

Science - Life of Animals

ACCOMMODATIONS & MODIFICATIONS FOR SUBGROUPS

See link to Accommodations & Modifications document in course folder.