

Unit 4: Growth and Development

Unit #:	APSDO-00026710	Duration:	2.0 Lesson(s)	Date(s)	
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Team:
 Jodi Kryzanski (Author), James Pappa, Katie Schmutz, Timothy Feshler, Lisa Abate, Jeffrey Redman, Ann Perrault, Holly Rzonca, Cheryl Edwards, Donald Bartomioli, Molly DeSantis, Mellanee Harmon

Grade(s)
 K, 1

Subject(s)
 Wellness

Unit Focus

In this unit, students will begin to learn about the composition of the human body through literacy based group discussions and activities.

Stage 1: Desired Results - Key Understandings

Standard(s)	Transfer	
<p>Connecticut Goals and Standards <i>Health Education: 1</i></p> <ul style="list-style-type: none"> Compare behaviors that are safe to those that are risky or harmful <i>E.3.3</i> Demonstrate avoidance and refusal skills to enhance health <i>E.5.7</i> Demonstrate the ability to apply a decision-making process to enhance health <i>E.6.1</i> Describe the basic structure and functions of the human body systems using medically accurate terminology and specific functions of the body systems <i>E.1.3</i> 	<p>T1 (T1) Develop skills, knowledge and concepts needed to make appropriate decisions to create a healthy and balanced lifestyle.</p> <p>T2 (T3) Advocate based on personal needs (academic, behavioral, emotional and physical) to determine an appropriate solution for self and others.</p> <p>T3 (T5) Access, evaluate and use information from various sources to deepen understanding of a given topic.</p>	
	Meaning	
	Understanding(s)	Essential Question(s)
	<p>U1 (U150) The routines you follow have predictable impact on your overall health.</p> <p>U2 (U151) The way you treat your body (e.g., exercise, sleep, injury and disease prevention, nutrition) affects the body`s ability to appropriately respond.</p> <p>U3 (U157) Part of growing up is adapting to</p>	<p>Q1 (Q150) What choices do I make when I am in charge of myself?</p> <p>Q2 (Q151) How do I keep myself safe?</p> <p>Q3 (Q201) How do I listen and respond to others` ideas and suggestions?</p> <p>Q4 (Q202) How do I describe what I`m feeling?</p>

	<p>physical changes that require patience, sense of humor and understanding.</p> <p>U4 (U203) The words you choose affect the people around you.</p> <p>U5 (U300) The way in which we advocate for self and others has a direct impact on overall well-being and performance.</p>	<p>Q5 (Q300) How do I speak up for myself/someone else? How do I find the words?</p> <p>Q6 (Q302) Where do I go/who do I turn to when I need help?</p>
Acquisition of Knowledge and Skill		
	Knowledge	Skill(s)
		<p>S1</p> <p>Identify the internal and external body parts and their functions</p> <p>S2</p> <p>Differentiate between safe touch and unsafe touch</p> <p>S3</p> <p>Identify tools needed to stay well</p> <p>S4</p> <p>Identify and demonstrate action to resist germs</p> <p>S5</p> <p>Define and identify germs that cause illness</p>