

Unit 4: Growth and Development

Unit #:	APSDO-00026712	Duration:	5.0 Lesson(s)	Date(s)	
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Team:
 Jodi Kryzanski (Author), Kathleen Fisher, James Pappa, Katie Schmutz, Timothy Feshler, Lisa Abate, Jeffrey Redman, Holly Rzonca, Cheryl Edwards, Donald Bartomioli, Molly DeSantis, Mellanee Harmon

Grade(s)
 5, 6, 7, 8

Subject(s)
 Wellness

Unit Focus

In this unit, students will begin to learn the changes during puberty and functions of the reproductive system (grades 5-7). Students will further learn about HIV, and how it is contracted and prevented (grade 8).

Stage 1: Desired Results - Key Understandings

Standard(s)	Transfer	
<p>Connecticut Goals and Standards <i>Health Education: 8</i></p> <ul style="list-style-type: none"> Analyze how behaviors can affect health maintenance and disease prevention <i>H.1.1</i> Analyze personal health status to determine needs <i>H.3.2</i> Analyze situations and demonstrate healthy ways to express needs, wants and feelings <i>H.5.4</i> Analyze the media influence on behaviors and decisions as it relates to sexuality <i>H.4.4</i> Analyze the power of choice with personal relationships and examine the responsibility and consequences 	<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 (U156) One`s person`s physiological development may be very different from your own experience.</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 (Q152) How does what I put in my body affect the way it works?</p> <p>Q3 (Q153) How do changes in my body affect outward behaviors?</p>

<p>regarding actions/behaviors related to sexuality <i>H.8.7</i></p> <ul style="list-style-type: none"> • Assess the importance of assuming responsibility for personal health behaviors <i>H.3.1</i> • Compare and contrast skills for communicating effectively with family, peers and others <i>H.5.1</i> • Demonstrate avoidance, refusal, negotiation and collaboration skills to enhance healthy relationships <i>H.5.7</i> • Demonstrate the ability to access and evaluate resources from home, school and community that provide valid health information and services for themselves and others <i>H.2.2</i> • Describe and analyze the physical, mental, emotional and sexual changes that occur over a lifetime, from birth to death <i>H.1.10</i> • Describe the interrelationship of mental, emotional, social and physical health throughout adulthood <i>H.1.2</i> • Distinguish between safe, risky or harmful behaviors affecting themselves and others in the community <i>H.3.3</i> • Research and analyze factors that increase the risk of contracting communicable and non-communicable diseases (e.g. HIV/AIDS, sexually transmitted diseases, diabetes, cancer, heart disease, hepatitis) <i>H.1.9</i> 	<p>physical changes that require patience, sense of humor and understanding.</p> <p>U4 (U158) Every form of contraceptive has side effects and failure rates.</p> <p>U5 (U159) Sexual activity has long term physical, emotional and mental effects.</p> <p>U6 (U302) There are a range of support systems and resources for every concern: the best system or resource is grounded in level of trust and credibility in the information provided.</p> <p>U7 (U500) What sources you look at/turn to for information has an impact on your decision-making.</p>	<p>Q4 (Q203) How do I find the words to speak up for myself? How do I find the words to speak up for others?</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> <p>Q7 (Q500) How do I find out answers to serious and sensitive questions?</p> <p>Q8 (Q503) How does what I see in the media affect who I am/how I see myself/influence my decisions?</p>
Acquisition of Knowledge and Skill		
Knowledge	Skill(s)	
	<p>S1</p> <p>Identify reproductive organs</p> <p>S2</p> <p>Understand the need for good hygiene</p> <p>S3</p> <p>Identify the changes during puberty</p>	