

Teaching Unit: **Body Systems**

Essential Understandings

Your skeletal system is made up of bones that support your body.

Sub Topic: **Skeletal System**

Knowledge and Skills

Students will be introduced to the basic function of the skeletal system and how the skeletal bones protect many of the organs inside the body.

Students will identify the major bones and the habits that keep bones strong such as proper nutrition, regular exercise, good posture, and proper shoes.

Students will understand that movement occurs at joints.

Teaching Unit: **Body Systems**

Essential Understandings

Your muscular system is made up of muscles that help your body move.

Sub Topic: **Muscular System**

Knowledge and Skills

Students will be introduced to the basic function of the muscular system and how it works in conjunction w/the skeletal system.

Students will identify habits that keep muscles strong and flexible such as daily activity, daily stretching, warming up before exercising, and eating nutrient-dense foods.

Teaching Unit: **Body Systems**

Essential Understandings

Respiration is the exchange of gases within the body.

Sub Topic: **Respiratory System**

Knowledge and Skills

Students will learn the basic function of the respiratory system and its organs.

Students will identify habits that make it easy to breathe such as exercising regularly, not smoking, avoiding second - hand smoke, not inhaling the fumes from chemicals, and not inhaling car exhaust or other smoke.

Teaching Unit: ***Body Systems***

Essential Understandings

Your circulatory system is the body system that transports oxygen, food, and waste throughout the body.

Sub Topic: ***Circulatory System***

Knowledge and Skills

Students will explain how the blood is circulated throughout the body and identify the 3 kinds of blood vessels involved and the role each one plays in this process.

Students will take their pulse, both at rest and after activity, and be able to explain how exercise affects the heart's action.

Students will identify habits that improve circulation such as eating nutrient-dense foods such as fruits, vegetables, and whole grains; limiting intake of high fat foods; exercising regularly; not smoking.

Students will describe ways technology can influence personal health. (pedometer, heart monitor, BP cuff, treadmills, etc.)

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Teaching Unit: ***Body Systems***

Essential Understandings

Your digestive system changes the food you eat so your body can use it for fuel.

Sub Topic: ***Digestive System***

Knowledge and Skills

Students will be introduced to the organs that make up the digestive system.

Students will trace the path of food as it passes through the digestive tract.

Students will explain why foods containing fiber can help the digestive system.

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Teaching Unit: ***Communicable Diseases***

Essential Understandings

It is important to reduce risks, recognize symptoms, and get treatment for communicable diseases.

Sub Topic:

Knowledge and Skills

Students will recognize symptoms and get treatment for communicable diseases such as a cold, strep throat, and chickenpox.

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Teaching Unit: ***Health Triangle***

Essential Understandings

You are responsible for your health.

Sub Topic:

Knowledge and Skills

Students will be introduced to the 3 components of the health triangle and the importance of keeping all 3 balanced.

Students will identify behaviors that support each of the 3 health components.

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Teaching Unit: ***Character Building***

Essential Understandings

People with good character lead happy and productive lives that contribute to creating a better world.

Sub Topic: ***Self-Respect, Setting Goals, Decision***

Knowledge and Skills

Self-respect is thinking highly of yourself because you act in responsible ways.

Students will create a health behavior contract that includes identifying the life skill you want to practice, explaining how the life skill will affect your health, describing how you will follow and how you will keep track of your progress, and reporting how your plan worked.

1. Setting goals gives you something to work for.
2. You need to set goals to judge your progress.
3. You need to set goals to keep becoming a better person.

Students will explain the Guidelines for Making Responsible Decisions. (p.13 in Health Book)

Good character is telling the truth, showing respect, and being fair.

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Teaching Unit: ***Nutrition***

Essential Understandings

Good nutrition is vital for good health.

Sub Topic: ***MyPyramid/Whole Grains***

Knowledge and Skills

1. Students will demonstrate the ability to practice health-enhancing behaviors and reduce health risks.
  2. Students will learn about the Food Pyramid focusing on serving portions and the importance of each food group.
  3. Students will identify the nutrients present in each of the food groups.
  4. Students will understand the meaning of nutrient dense foods.
  6. Students will identify whole grain cereals and breads served in the cafeteria and at home.
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