

**Brunswick School Department
Grade 10
Growth and Development**

Essential Understandings	<ul style="list-style-type: none"> ▪ The body functions as a result of all body systems working together. ▪ For optimal health it is important to keep all body systems healthy so they can function properly. ▪ Pregnant women need proper prenatal care. ▪ Individuals learn differently. ▪ One should identify their individual learning style and plan for the future and a career. ▪ It is important for one to have a positive body image and high self esteem.
Essential Questions	<ul style="list-style-type: none"> ▪ What are the major components of the nervous system, what are their functions and where are they in the human body? ▪ What are the major components of the cardiovascular system, what are their functions and where are they in the human body? ▪ What are the major components of the immune system, what are their functions and where are they in the human body? ▪ What are the major components of the respiratory system, what are their functions and where are they in the human body? ▪ What are the major components of the skeletal system, what are their functions and where are they in the human body? ▪ What are the major components of the muscular system, what are their functions and where are they in the human body? ▪ What are the major components of the endocrine system, what are their functions and where are they in the human body? ▪ What are the major components of the digestive system, what are their functions and where are they in the human body? ▪ What are the major components of the urinary system, what are their functions and where are they in the human body? ▪ What are the major components of the integumentary system, what are their functions and where are they in the human body? ▪ What are the major components of both the male and female reproductive systems, what are their functions and where are they in the human body? ▪ What are health practices people can follow to keep their bodies systems working at the highest level? ▪ What are the four major learning styles identified by educators? ▪ Explain the differences between the learning styles. ▪ What is your individual learning style? ▪ What actions can you take to improve learning and prepare for the future? ▪ What skills can you utilize to improve self esteem and feel comfortable with your gender?

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Essential Knowledge	<ul style="list-style-type: none"> ▪ The nervous system, cardiovascular system, immune system, respiratory system, skeletal system, muscular system, endocrine system, digestive system, urinary system, integumentary system and reproductive systems allow our bodies to function. ▪ There are a variety of prevention practices that people can follow to keep all body systems working at their highest levels and promote healthful ageing. ▪ There are four major learning styles that have been identified by educators. Those learning styles include: visual, auditory, kinesthetic, and global. ▪ Goal setting and action plans can lead to a successful future. ▪ Discussing concerns with responsible adults, maintaining a healthful appearance, practicing habits to keep the body in optimal condition, and routine health care visits are all practices that can lead to comfort with gender and body image.
Vocabulary	<ul style="list-style-type: none"> ▪ <u>Terms:</u> <ul style="list-style-type: none"> ○ body system, nervous system, central nervous system, peripheral nervous system, cardiovascular system, heart rate, pulse, blood pressure, immune system, respiratory system, skeletal system, muscular system, endocrine system, metabolism, digestive system, urinary system, integumentary system, female reproductive system, male reproductive system, sex roles, body image, goal, short term goal, long term goal, learning style, visual learner, auditory learner, kinesthetic learner, global learner, learning disabilities, aging, chronological age, biological age, social age
Essential Skills	<ul style="list-style-type: none"> ▪ Identify different body systems and their functions. ▪ Practice habits that protect the body systems and promote healthful ageing. ▪ Identify personal learning style and develop habits to promote further learning. ▪ Plan ways to improve learning and prepare for a career. ▪ Describe techniques to improve self esteem and become more comfortable with body image and gender.

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Related Maine Learning Results	<p><u>Health</u></p> <p>A. Health Concepts</p> <p>A1. Healthy Behaviors and Personal Health Students predict how behaviors can impact health status.</p> <ol style="list-style-type: none"> a. Analyze individual responsibility for enhancing health. b. Predict how healthy behaviors can positively impact health status. <p>A2. Dimensions of Health Students analyze the interrelationship of physical mental/intellectual, emotional, and social health.</p> <p>B. Health Information, Products and Services</p> <p>B1. Validity of Resources Students evaluate the validity and accessibility of health information, products, and services.</p> <p>B2. Locating Health Resources Students access valid and reliable health information, products, and services.</p> <ol style="list-style-type: none"> a. Determine when professional health services may be required. <p>C. Health Promotion and Risk Reduction</p> <p>C3. Self-Management Students design, implement, and evaluate a plan for stress management.</p> <p>E. Communication and Advocacy Skills</p> <p>E1. Interpersonal Communication Skills Students utilize skills for communicating effectively with family, peers, and others to enhance health.</p> <ol style="list-style-type: none"> a. Demonstrate effective communication skills including asking for and offering assistance to enhance the health of self and others. <p>F. Decision-Making and Goal Setting Skills</p> <p>F1. Decision-Making Students apply a decision-making process to enhance health.</p> <ol style="list-style-type: none"> b. Justify when individual or collaborative decision-making is appropriate. d. Defend the healthy choice when making a decision. <p>F2. Goal-Setting Students develop and analyze a plan to attain a personal health goal.</p>
Sample Lessons And Activities	<ul style="list-style-type: none"> ▪ Research and prepare a group presentation on an assigned body system.

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Sample Classroom Assessment Methods	<ul style="list-style-type: none">▪ Present group findings on an assigned body system.
Sample Resources	<ul style="list-style-type: none">▪ <u>Publications:</u><ul style="list-style-type: none">○ “Outrageous Teaching Techniques in Health Education” – Deborah Tackmann
Technology Link	<ul style="list-style-type: none">▪ http://www.healthteacher.com