

PHYSICAL DEVELOPMENT AND HEALTH CURRICULUM PROJECT

GOAL 23: Understand human body systems and factors that influence growth and development.  
 Standard A: Describe and explain the structure and functions of the human body systems and how they interrelate.

CATHOLIC IDENTITY

Standard A: Understand that the human body and its systems are a gift from God.

As a result of their schooling students will be able to...

EARLY ELEMENTARY (PREK-2)	LATE ELEMENTARY (3-5)	MIDDLE/JUNIOR HIGH SCHOOL (6-8)
<p><b>23.A.1</b> Identify basic parts of body systems and their functions (e.g., heart, lungs, eyes).</p> <ol style="list-style-type: none"> <li>1. Identify basic body parts (e.g., head, legs, arms, chest, feet, hands, eyes, ears, nose, etc.).</li> <li>2. Locate the heart and lungs.</li> <li>3. Explain the function of eyes, ears, nose.</li> <li>4. <u>Identify ways to keep their body healthy because it is a gift from God.</u></li> </ol>	<p><b>23.A.2</b> Identify basic body systems and their functions (e.g., circulatory, respiratory, nervous).</p> <ol style="list-style-type: none"> <li>1. Describe the basic functions of the circulatory system.</li> <li>2. Explain the basic functions of the respiratory system.</li> <li>3. Explain the basic functions of the nervous system.</li> <li>4. Reinforce body systems with practical application (e.g., participate in obstacle courses that portray the movement of blood through the heart and body, etc.).</li> <li>5. <u>Explain why God wants them to take care of their bodies.</u></li> </ol>	<p><b>23.A.3</b> Explain how body systems interact with each other (e.g., blood transporting nutrients from the digestive system and oxygen from the respiratory system).</p> <ol style="list-style-type: none"> <li>1. Explain how the nerves and brain work together.</li> <li>2. Describe how the blood travels throughout the body.</li> <li>3. Analyze how oxygen gets to the lungs.</li> <li>4. Explain how food is processed and moves through the digestive system.</li> <li>5. <u>Recognize the connection between body and soul and develop a personal plan for lifelong wellness.</u></li> </ol>

Goal 23 is covered in health, science and family life as well as through outside community programs. Physical education will complement this instruction.

**Why Goal 23 Is Important:** To achieve healthful individual development, students need to understand human anatomy and physiology, nutrition, stages of growth and development, avoidance of harmful actions and the characteristics of good health habits. Early learners begin with basic recognition of body systems and growth stages. As students progress, they understand how systems work together and how individual actions affect health. As they themselves grow and develop, students can learn to enhance the process throughout their school years and later life.

## PHYSICAL DEVELOPMENT AND HEALTH CURRICULUM PROJECT

**GOAL 23:** Understand human body systems and factors that influence growth and development.  
**Standard B:** Explain the effects of health-related actions on the body systems.

### CATHOLIC IDENTITY

**Standard B:** Explain the effects of health-related actions on body, mind and spirit.

*As a result of their schooling students will be able to...*

<b>EARLY ELEMENTARY (PREK-2)</b>	<b>LATE ELEMENTARY (3-5)</b>	<b>MIDDLE/JUNIOR HIGH SCHOOL (6-8)</b>
<p><b>23.B.1</b> Identify healthy actions that influence the functions of the body (e.g., cleanliness, proper diet, exercise).</p> <ol style="list-style-type: none"> <li>1. Describe how germs can cause illness.</li> <li>2. Recognize the importance of eating a healthy breakfast.</li> <li>3. Identify healthy snacks.</li> <li>4. Recognize that food (nutrients) is needed for growth and development.</li> <li>5. Identify basic necessities the human body needs.</li> <li>6. <u>Understand that God wants them to take care of their bodies.</u></li> </ol>	<p><b>23.B.2</b> Differentiate between positive and negative effects of health-related actions on body systems (e.g., drug use, exercise, diet).</p> <ol style="list-style-type: none"> <li>1. Distinguish between 'good' food and 'junk' food.</li> <li>2. Cite ways to build physical activity into daily routines.</li> <li>3. Recognize how feelings/emotions affect physical, mental, emotional, and social health.</li> <li>4. <u>Make good choices based on Christian values.</u></li> </ol>	<p><b>23.B.3</b> Explain the effects of health-related actions upon body systems (e.g., fad diets, orthodontics, avoiding smoking, alcohol use and other drug use).</p> <ol style="list-style-type: none"> <li>1. Identify the benefits of both aerobic and anaerobic activities on the body's systems.</li> <li>2. List choices that have a positive influence on health.</li> <li>3. List choices that have a negative influence on health.</li> <li>4. <u>Make good choices based on Christian values.</u></li> </ol>

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## PHYSICAL DEVELOPMENT AND HEALTH CURRICULUM PROJECT

**GOAL 23:** Understand human body systems and factors that influence growth and development.  
**Standard C:** Describe factors that affect growth and development.

### CATHOLIC IDENTITY

**Standard C:** Describe factors that affect our spiritual growth and development.

*As a result of their schooling students will be able to...*

<b>EARLY ELEMENTARY (PREK-2)</b>	<b>LATE ELEMENTARY (3-5)</b>	<b>MIDDLE/JUNIOR HIGH SCHOOL (6-8)</b>
<p><b>23.C.1</b> Identify individual differences in growth and development among people.</p> <ol style="list-style-type: none"> <li>1. Explain the importance of being physically active.</li> <li>2. Recognize that food is needed for growth and development.</li> <li>3. List characteristics that make you similar, different and unique.</li> <li>4. <u>Respect spiritual development of self and others.</u></li> </ol>	<p><b>23.C.2a</b> Identify physical, mental, social and cultural factors affecting growth and development of children (e.g., nutrition, self-esteem, family and illness).</p> <p><b>23.C.2b</b> Identify stages in growth and development (e.g., stages in the life cycle from infancy to old age).</p> <ol style="list-style-type: none"> <li>1. Recognize and discuss factors that affect growth and development.</li> <li>2. Explain how eating and activity affect growth and development.</li> <li>3. Describe the effects healthy and unhealthy lifestyle choices have on growth and development.</li> <li>4. Recognize and accept individual differences.</li> <li>5. <u>Respect spiritual development of self and others.</u></li> </ol>	<p><b>23.C.3</b> Describe the relationships among physical, mental and social health factors during adolescence (e.g., the effects of stress on physical and mental performance, effects of nutrition on growth).</p> <ol style="list-style-type: none"> <li>1. Recognize and discuss factors that affect growth and development.</li> <li>2. Explain the effects of diet and exercise on the body.</li> <li>3. Recognize and discuss changes that are a part of growth and development.</li> <li>4. <u>Respect spiritual development of self and others.</u></li> </ol>

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