

Health Education Today – Unit Outline



Here are a few of the detailed activities included:

Day 1: Body Systems Introduction

- Start with “Can You Do This?” fun body activities.
- Present “Our Amazing Body” slideshow.
- Organize students into teams with 8 “Quick Facts Sheets.”
- Host a team competition with “Choose a Team Name Art.”

Day 2: QR-Coded Group Research

- Introduce students to a “Body Systems Rap Video.”
- Explore the “Virtual Body Website.”
- Optional: Provide the “Body Systems Overview Handout.”
- Guide group research with a “QR Coded Worksheet” for 8 body systems.
- Optional: Share “50 Really Weird Facts About Your Body.”

Day 3: QR-Coded Research Continued

- Begin with 3 optional videos as an intro.
- Continue working on the “QR Coded Worksheet.”

Day 4: Diseases and Body Systems

- Discuss U.S. Non-Communicable Diseases Mortality Rates.
- Provide the “Non-Communicable Diseases Background Information Sheet.”
- Cover the Top 4 Causes of Death in the U.S., 7 signs of cancer, and skin cancer.
- Assign “Family Medical History Homework.”
- Use the “Preventing Non-Comm Diseases Handout.”
- Engage students with the “Disease Risk Reduction/Prevention Origami Heart” activity.

Day 5: Protecting Body Systems

- Continue with the “Preventing Non-Communicable Diseases Handout.”
- Show the “Common Aging Changes” slideshow.
- Discuss nutrition-related illnesses and obesity.
- Guide students through a “Personal Health Risk Assessment.”
- Optional: Play “The Longevity Game” or Kahoot.
- Assign the Body Systems Research Project for homework.

Day 6: Card Game or Create a Board Game

- Teach students to play “Kings in the Corner” card game with a worksheet.
- Optional: Explore 5 additional card games.
- Provide directions for students to create their own body systems board game (templates included).

Day 7: The Preventative Power of Exercise

- Discuss the benefits of exercise with a slideshow.
- Cover a longevity study and the relationship between exercise and the brain.
- Include an exercise video with a worksheet.

Days 8, 9, 10: Group Presentations

- Guide groups through creating presentations using 9 PowerPoint templates.
- Optional: Require a rap, song, or poem about body systems (examples provided).
- Have groups present to the class.
- Use the “Presentation Note Taking Worksheet” for listening students to study for the test.
- Grade presentations using rubrics provided.

Day 11 - 15: Unit Test

- Fun Body Systems WebQuest on Google Slides!
- “Big 5 Body System African Safari” student-advocacy activity (preview available).
- Choose between two tests:
 1. **Test 1:** 30 questions with a key (print or Google Forms).
 2. **Test 2:** Derived from the “Presentation Note Taking Worksheet.”