

Thanks for previewing!

SUB PLANS: Body Systems WebQuest!

*Sub Plans
for any
Middle or
High
School
Class*



How to Strengthen Every System of Your Body

Directions: To find the answers to each question below, click on the body system name link. Then click the tab to come back to this page to fill in the correct answers.

1. Name:

Nervous System:

2. To get a reminder of each body system and what it does for our body, watch this short video:
<https://www.youtube.com/watch?v=0yLJfz6saU&t=11s>

3. Name: The nervous system is one of the most complex and systems in your body.

4. List 4 foods you should eat:

1)

2)

3)

4)

5. Also be sure to get enough

6. List one way you like to reduce stress in a healthy way:

Circulatory System:

7. The circulatory system is responsible for circulating and

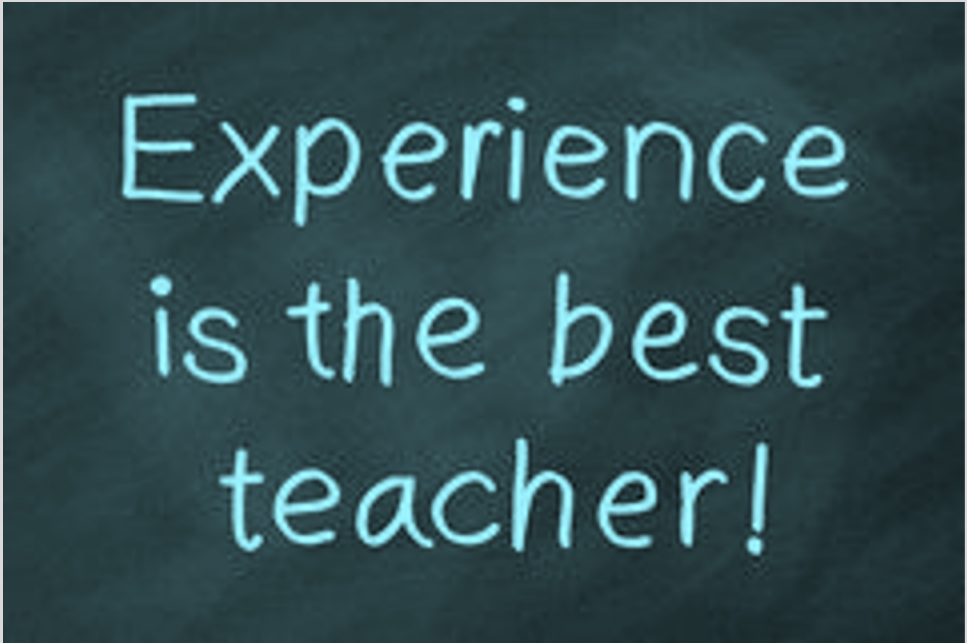
Health Education Today

**Body Systems
WebQuest
Sub Plans for
Middle and High
School**



1. This Program's Creator is a Qualified Teacher

◆ I am a **National Board Certified Teacher** with a **Master's of Education Degree** and I have many years **of experience** teaching Health.



Experience
is the best
teacher!

2. This Lesson Meets Educational Health Standards:

◆ It meets **7 of 20** National Common Core Standards.

(For Technical Subjects 9/10 Grade level)



It also meets **6** State Health Standards

◆ It meets **8 of 8** Health Standards
detailed “Performance Indicators.”



3.

The resource starts with teacher directions and lists the standards met.

Health Education Today Sub Plans for Any Class

Human Body WebQuest: How to Strengthen and Take Care of Your Body Systems!



By: healtheducationtoday.com

National Health Standards Met: (See folder for all standard descriptions)

- Standard 1:** Students will comprehend concepts related to health promotion and disease prevention to enhance health.
- Standard 2:** Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- Standard 3:** Students will demonstrate the ability to access valid information and products and services to enhance health.
- Standard 4:** Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Standard 5:** Students will demonstrate the ability to use decision-making skills to enhance health.

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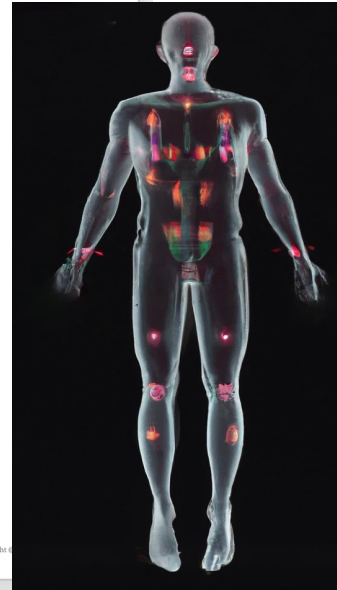
- Standard 6:** Students will demonstrate the ability to use goal-setting skills to enhance health.
- Standard 7:** Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Standard 7:** Students will demonstrate the ability to advocate for personal, family, and community health.

Common Core Standards Met: Reading 2, 3, 4, | Writing 1, 3, 4, 6

STATE STANDARDS MET: Students will be able to...

- Analyze personal dimensions of health and design a plan to balance health. H1.W1.HS
- Analyze prevention, lifestyle factors, and treatment of communicable and non-communicable diseases. H2.W2.HSa
- Analyze how a variety of factors impact personal and community health. H2.W3.HS
- Predict potential short- and long-term outcomes of a personal health related decision. H5.W6.HS
- Implement strategies to achieve a personal health goal. H6.W7.HS
- Compare how family, peers, culture, media, technology, and other factors influence safety and injury prevention practices and behaviors. H2.Sa1.HS

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Leave a substitute with plans that will positively impact the lives of the teens you teach

4. Complete lesson is now ON GOOGLE DRIVE!



5. The “Sub Plans” have step-by-step directions that are easy to follow. Several amazing weblinks provide the data for your students!

Day of the Lesson Directions:

1. See if you have online access for students to be able to do the WebQuest online. Here is the link: *(You will be prompted to make a copy in your own Google Drive and send to students from there or the teacher you're subbing for may have it)*

<https://docs.google.com/presentation/d/1qRhL1h5vteIG-g99>

(This is a student password protected version)

If you don't have online access and need a printed version of the WebQuest ahead of time, you can download the PowerPoint files onto the computer.

2. Students will go through the WebQuest and find the answers. If you have the key provided, students have questions! Here is the PowerPoint Teacher version in the folder.

Teacher Key Version Link:

<https://docs.google.com/presentation/d/1PUVv5razt>

3. After students go through the WebQuest, they can search for online photos that go with the questions on this page. This task may take students 10-15 minutes.

It's very easy to teach!

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**Docs are *Editable*
in PowerPoint!**

6.

Activities:

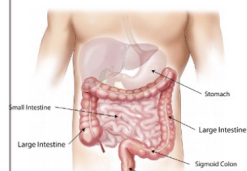
No Prep! WebQuest Walks Students Through Lesson!



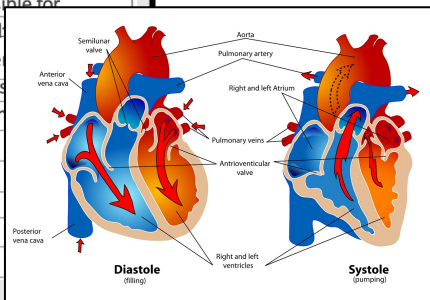
Click the Link!

Digestive System:

15. The digestive system is responsible for converting food into energy. A healthy digestive system can impact your mood, energy, and can even help fight off illnesses. To maintain a healthy digestive system, reduce these foods:



X
X
X



How to Strengthen Every System of Your Body



Skeletal System: and Muscular System:

16. Exercise is key to maintaining your skeletal system. Since we already discussed what exercise you can do, now list how you can get some weight training in without having to go to a gym and lift weights. [This list](#) or [this article](#) might help you:

X

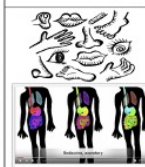
Human Body WebQuest: How to Strengthen and Take Care of Your Body Systems!



By: healtheducationtoday.com

1

How to Strengthen Every System of Your Body



Directions: To find the answers to each question below, click on the body system name link. Then click the tab to come back to this page to fill in the correct answers.

1. Name: X

Nervous System:

2. To get a reminder of each body system and what it does for our body, watch this short video: <https://www.youtube.com/watch?v=DvL-f2dsgU8t=11s>

3. The nervous system is one of the most complex and X systems in your body.

4. List 4 foods you should eat:

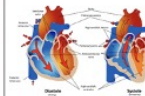
1) X
2) X
3) X
4) X

5. Also be sure to get enough X

6. List one way you like to reduce stress in a healthy way: X

Circulatory System:

7. The circulatory system is responsible for circulating X, X, and X



7.

Here are some Optional Follow-Up Activities for the teacher when you return to class:

10 articles!

Stress effects

Stress affects all systems of the body, including the cardiovascular, gastrointestinal, nervous, and immune systems.

Last updated: March 8, 2023 Date created: March 8, 2023

Stress



Our bodies are well equipped to handle stress. When the stress is long-term or chronic, it can lead to health problems.

Musculoskeletal system: When the body is under stress, the muscles tense up. This can lead to muscle pain and stiffness. With sudden onset stress, the muscles tense up all at once, and when the stress passes, the muscles relax. Chronic stress causes the muscles to be in a more or less constant state of guardedness. When muscles are tense for long periods of time, this may trigger other reactions, such as increased heart rate and blood pressure, and even promote stress-related disorders.



Method 4 Targeting Each System

Oatmeal

Magnesium

Omega 3 Fatty acids



Method 4 Targeting Each System

Omega 3 Fatty acids

salmon



3 Enhance the functioning of your nervous system. The nervous system is the most complex and important system in the body, responding to external and internal stimuli. It controls the heartbeat, hunger, thirst, temperature, and the immune system. When the nervous system is healthy, you should feel calm and relaxed.

Method 4 Targeting Each System

Method 4

Targeting Each System





5 Maintain a healthy digestive system. The digestive system is responsible for converting food into energy. A healthy digestive system can help maintain energy levels, and can even help fight off infections. When the digestive system is healthy, you should feel energized and healthy.



8. This Program is all About the Students...

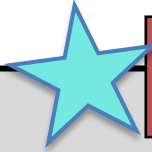
◆ The program promotes high student engagement and interaction!

◆ This lesson challenges and touches the lives of teens!



Leave a substitute with plans that will positively impact the lives of the teens you teach

9. Buy it Today, Teach it Tomorrow!

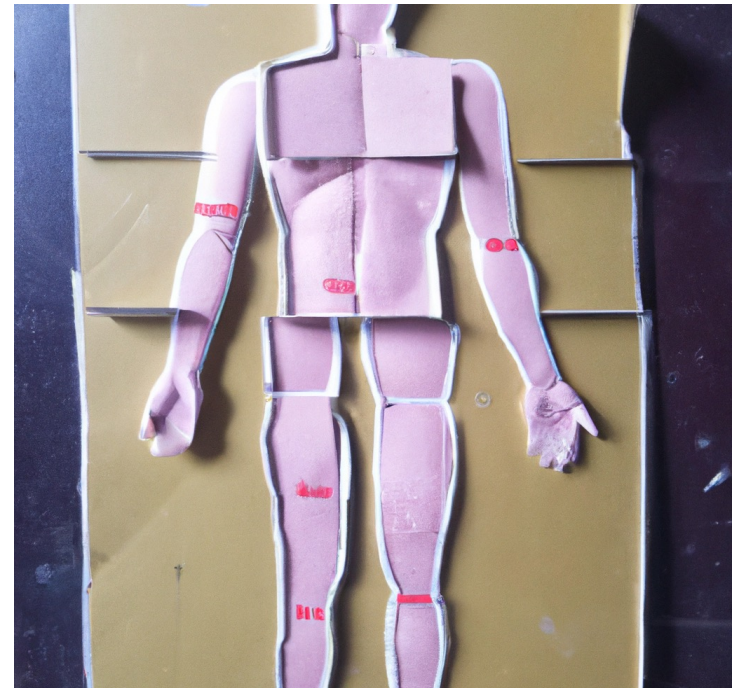


Here is what makes this program unique!!

- ◆ This program features highly organized step-by-step teacher directions follow daily PowerPoint, and the directions tell you exactly to say!!
- ◆ **Documents are editable** and docs are included in PowerPoint and Google Slides formats.



About the Author:



- ◆ I've been a certified K-12 Physical Education and Language Arts teacher for many years (19 of those years also include my Health certification). Over my teaching career I've taught all grade levels and a variety of subjects, including: Junior High P.E.; 8th Grade Reading; Elementary P.E.; 9th Grade English; 9th Grade P.E.; High School Aerobics; and 9th Grade Health. I have my Master's of Education Degree in Instructional Technology and I received my National Board Certification in Health.
- ◆ My hobbies include my family, photography, birding, reading, gardening, sewing, hiking, camping, and travelling.

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Works Cited:

Owl and Yosemite Photos by me.

WA Standards From: <http://www.k12.wa.us/healthfitness/Standards.aspx>

NYC Standards From:

<http://www.p12.nysed.gov/ss/schoolhealth/schoolhealtheducation/healthPEFACSLearningStandards.pdf>

Photos From:

<https://labs.openai.com/>

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<https://unsplash.com>

<https://static.pexels.com>