



Marietta City Schools
2024–2025 District Unit Planner

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|-------------------|---|------------------------------|--------------------|
| Unit title | <i>Nutrition and Physical Education</i> | Unit duration (hours) | <i>11.25 Hours</i> |
|-------------------|---|------------------------------|--------------------|

Mastering Content and Skills through INQUIRY (Establishing the purpose of the Unit): *What will students learn?*

GaDoE Standards

[HEHS.1.a, b, c, e, f, g, j, o](#)

Students will comprehend concepts related to health promotion and disease prevention to enhance health.

[HEHS.2.d, e, h](#)

Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

[HEHS.3.a, b, c](#)

Students will demonstrate the ability to access valid information, products, and services to enhance health.

[HEHS.4.c](#)

Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

[HEHS.5.d, f, g](#)

Students will demonstrate the ability to use decision-making skills to enhance health.

[HEHS.6.a, b, c, d](#)

Students will demonstrate the ability to use goal-setting skills to enhance health.

[HEHS.7.a, b, c](#)

Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

[HEHS.8.c, d](#)

Students will demonstrate the ability to advocate for personal, family, and community health.

Concepts/Skills to be Mastered by Students

Relationship between Nutrition and Health

Guidelines for Healthy Eating

Nutrition and Health

Nutrition and Physical Fitness in your Community

Choosing and Preparing Healthy Foods

Maintaining a Healthy Body Composition and Body Image

Physical Fitness and Health

Personal Dietary Plans

Healthy Goal Strategies

Essential Questions

1. Explain how physical activity contributes to overall health.
2. Explain how nutrition impacts health.
3. Explain how individuals can advocate for good nutrition and physical fitness.
4. Describe how to use a decision-making process to select healthy food and beverages.
5. Explain proper food purchasing, preparation, and storage procedures.
6. Explain the characteristics of a safe physical fitness plan.

Assessment Tasks

List of common formative and summative assessments.

1) Guidelines for Healthy Eating Quiz

2) Nutrition and Health Quiz

3) Nutrition and Physical Activity in your Community Quiz

4) Choosing and Preparing Healthy Foods Quiz

5) Maintaining a Healthy Body Composition and Body Image Quiz

6) Physical Fitness and Health Quiz

7) Nutrition and Physical Education Unit Test

Learning Experiences

Add additional rows below as needed.

| Objective or Content | Learning Experiences | Personalized Learning and Differentiation |
|--|--|---|
| GA HE H.S. 1 GA HE H.S. 2 GA HE H.S. 3 GA HE H.S. 4 GA HE H.S. 5 GA HE H.S. 6 GA HE H.S. 7 GA HE H.S. 8 | Students will create a Safe physical fitness plan and present it to the class. | Translated text can be used through the edgenuity platform. |
| | Students complete simulations that examine strategies for making healthier choices and handling food safely. | Text to speech can be used through the edgenuity platform. |
| | Students will apply what they learned to consider the influence of technology on body image and how to develop a healthy weight-management plan. | Extended time will be permitted to those who require it. |

Content Resources

www.Edgenuity.com (Online Health Platform)