

**WEST JEFFERSON HILLS SCHOOL DISTRICT
HEALTH CURRICULUM**

GRADE 9

<p style="text-align: center;">PA Academic Standards Student must be able to do</p>	<p style="text-align: center;">Objective Content or process student will be able to know and do</p>	<p style="text-align: center;">Instructional Methods</p>	<p style="text-align: center;">Materials/ Resources Textbooks, trade books, workbooks, software, hardware, etc.</p>	<p style="text-align: center;">*Assessment Procedures *Additional adaptations, modifications, accommodations, and enrichment/ acceleration will be provided per IEP</p>	<p style="text-align: center;">*Additional Learning Opportunities for students who do not meet basic standards *Additional adaptations, modifications, and accommodations will be provided per IEP</p>	<p style="text-align: center;">*Extended Learning Opportunities for students who can go beyond the basic standards. *Additional enrichment/acceleration will be provided per IEP</p>
<p>10.1 Concepts of Health</p>						
<p>A. Analyze factors that impact growth and development between adolescence and adulthood.</p> <ul style="list-style-type: none"> • Relationships (e.g., dating, friendships, peer pressure) • Interpersonal communication • Risk factors (e.g., physical inactivity, substance abuse, intentional/unintentional injuries, dietary patterns) • Abstinence • STD and HIV prevention • Community 	<p>Students will: Identify the lifetime skills that influence:</p> <ul style="list-style-type: none"> • Relationships • Family • Career • Fitness • Nutrition <p>Identify STD's and HIV through:</p> <ul style="list-style-type: none"> • Abstinence • Prevention • Medical Facts • Treatments <p>Demonstrate through discussion the effects of substance abuse and use on their lives.</p> <ul style="list-style-type: none"> • Underage drinking • Binge drinking • Illegal drugs vs. medications • The law • Future effects: <ul style="list-style-type: none"> -Education -Careers/job -Loans -Driver's license 	<ul style="list-style-type: none"> • Instruction group • Individual Projects • Video presentation • Discussion 	<ul style="list-style-type: none"> • Library resources • On-line resources • Films • Current issues • Textbooks • Worksheets • Packets 	<ul style="list-style-type: none"> • Worksheets • Discussion • Evaluation • Teacher observation • Quizzes and tests • Formal/informal quizzes and tests • Teacher created assessments 	<ul style="list-style-type: none"> • Review • Re-teach • Reread • Individualized instruction • Peer tutoring • Support • Visual aids 	<ul style="list-style-type: none"> • Independent projects • Peer teaching • Projects • Student research • Field trips

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<p>10.1 Concepts of Health</p>						
<p>B. Analyze the interdependence existing among the body systems.</p>	<p>Students will: Identify the lifetime skills that influence:</p> <ul style="list-style-type: none"> • Relationships • Family • Career • Fitness • Nutrition <p>Identify STD's and HIV through:</p> <ul style="list-style-type: none"> • Abstinence • Prevention • Medical Facts • Treatments <p>Demonstrate through discussion the effects of substance abuse and use on their lives.</p> <ul style="list-style-type: none"> • Underage drinking • Binge drinking • Illegal drugs vs. medications • The law • Future effects: <ul style="list-style-type: none"> -Education -Careers/job -Loans -Driver's license 	<ul style="list-style-type: none"> • Instruction group • Individual Projects • Video presentation • Discussion 	<ul style="list-style-type: none"> • Library resources • On-line resources • Films • Current issues • Textbooks • Worksheets • Packets 	<ul style="list-style-type: none"> • Worksheets • Discussion • Evaluation • Teacher observation • Quizzes and tests • Formal/informal quizzes and tests • Teacher created assessments 	<ul style="list-style-type: none"> • Review • Re-teach • Reread • Individualized instruction • Peer tutoring • Support • Visual aids 	<ul style="list-style-type: none"> • Independent projects • Peer teaching • Projects • Student research • Field trips

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<p>10.1 Concepts of Health</p>						
<p>C. Analyze factors that impact nutritional choices of adolescents.</p> <ul style="list-style-type: none"> • Body image • Advertising • Dietary guidelines • Eating disorders • Peer influence • Athletic goals 	<p>Students will: Identify the lifetime skills that influence:</p> <ul style="list-style-type: none"> • Relationships • Family • Career • Fitness • Nutrition <p>Identify STD's and HIV through:</p> <ul style="list-style-type: none"> • Abstinence • Prevention • Medical Facts • Treatments <p>Demonstrate through discussion the effects of substance abuse and use on their lives.</p> <ul style="list-style-type: none"> • Underage drinking • Binge drinking • Illegal drugs vs. medications • The law • Future effects: <ul style="list-style-type: none"> -Education -Careers/job -Loans -Driver's license 	<ul style="list-style-type: none"> • Instruction group • Individual Projects • Video presentation • Discussion 	<ul style="list-style-type: none"> • Library resources • On-line resources • Films • Current issues • Textbooks • Worksheets • Packets 	<ul style="list-style-type: none"> • Worksheets • Discussion • Evaluation • Teacher observation • Quizzes and tests • Formal/informal quizzes and tests • Teacher created assessments 	<ul style="list-style-type: none"> • Review • Re-teach • Reread • Individualized instruction • Peer tutoring • Support • Visual aids 	<ul style="list-style-type: none"> • Independent projects • Peer teaching • Projects • Student research • Field trips

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<p>10.1 Concepts of Health</p>						
<p>D. Analyze prevention and intervention strategies in relation to adolescent and adult drug use.</p> <ul style="list-style-type: none"> • Decision-making/refusal skills • Situation avoidance • Goal setting • Professional assistance (e.g., medical, counseling, support groups) • Parent involvement 	<p>Students will: Identify the lifetime skills that influence:</p> <ul style="list-style-type: none"> • Relationships • Family • Career • Fitness • Nutrition <p>Identify STD's and HIV through:</p> <ul style="list-style-type: none"> • Abstinence • Prevention • Medical Facts • Treatments <p>Demonstrate through discussion the effects of substance abuse and use on their lives.</p> <ul style="list-style-type: none"> • Underage drinking • Binge drinking • Illegal drugs vs. medications • The law • Future effects: <ul style="list-style-type: none"> -Education -Careers/job -Loans -Driver's license 	<ul style="list-style-type: none"> • Instruction group • Individual Projects • Video presentation • Discussion 	<ul style="list-style-type: none"> • Library resources • On-line resources • Films • Current issues • Textbooks • Worksheets • Packets 	<ul style="list-style-type: none"> • Worksheets • Discussion • Evaluation • Teacher observation • Quizzes and tests • Formal/informal quizzes and tests • Teacher created assessments 	<ul style="list-style-type: none"> • Review • Re-teach • Reread • Individualized instruction • Peer tutoring • Support • Visual aids 	<ul style="list-style-type: none"> • Independent projects • Peer teaching • Projects • Student research • Field trips

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<p>10.1 Concepts of Health</p>						
<p>E. Analyze how personal choice, disease, and genetics can impact health maintenance and disease prevention.</p>	<p>Students will: Identify the lifetime skills that influence:</p> <ul style="list-style-type: none"> • Relationships • Family • Career • Fitness • Nutrition <p>Identify STD's and HIV through:</p> <ul style="list-style-type: none"> • Abstinence • Prevention • Medical Facts • Treatments <p>Demonstrate through discussion the effects of substance abuse and use on their lives.</p> <ul style="list-style-type: none"> • Underage drinking • Binge drinking • Illegal drugs vs. medications • The law • Future effects: <ul style="list-style-type: none"> -Education -Careers/job -Loans -Driver's license 	<ul style="list-style-type: none"> • Instruction group • Individual Projects • Video presentation • Discussion 	<ul style="list-style-type: none"> • Library resources • On-line resources • Films • Current issues • Textbooks • Worksheets • Packets 	<ul style="list-style-type: none"> • Worksheets • Discussion • Evaluation • Teacher observation • Quizzes and tests • Formal/informal quizzes and tests • Teacher created assessments 	<ul style="list-style-type: none"> • Review • Re-teach • Reread • Individualized instruction • Peer tutoring • Support • Visual aids 	<ul style="list-style-type: none"> • Independent projects • Peer teaching • Projects • Student research • Field trips

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10.2. Healthful Living						
<p>A. Identify and describe health care products and services that impact adolescent health practices</p>	<p>Students will: Identify the aspects of consumer health</p> <ul style="list-style-type: none"> • Consumer Habits • Choosing Health Services • Managing Consumer Skills • Public Health <p>Identify health skills that influence</p> <ul style="list-style-type: none"> • Decision Making • Communication • Stress Management • Anxiety/Depression • Support Systems • Internal/External Influences 	<ul style="list-style-type: none"> • Instruction • Group/Individual projects • Video Presentation • Discussion 	<ul style="list-style-type: none"> • Library Resources • On-line resources • Films • Current Issues • Text Books • Work Sheets • Packets 	<ul style="list-style-type: none"> • Worksheets • Discussion • Evaluation • Teacher Observation • Quizzes & Tests • Formal/Informal Tests & Quizzes • Teacher Created Assessments 	<ul style="list-style-type: none"> • Review • Re-teach • Reread • Individualized Instruction • Peer Tutoring • Support • Visual Aids 	<ul style="list-style-type: none"> • Independent projects • Peer teaching • Projects • Student Research • Field Trips

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10.2 Healthful Living						
B. Analyze the relationship between health-related information and adolescent consumer choices. •Tobacco products •Weight control products	Students will: Identify the aspects of consumer health <ul style="list-style-type: none"> • Consumer Habits • Choosing Health Services • Managing Consumer Skills • Public Health Identify health skills that influence <ul style="list-style-type: none"> • Decision Making • Communication • Stress Management • Anxiety/Depression • Support Systems • Internal/External Influences 	<ul style="list-style-type: none"> • Instruction • Group/Individual projects • Video Presentation • Discussion 	<ul style="list-style-type: none"> • Library Resources • On-line resources • Films • Current Issues • Text Books • Work Sheets • Packets 	<ul style="list-style-type: none"> • Worksheets • Discussion • Evaluation • Teacher Observation • Quizzes & Tests • Formal/Informal Tests & Quizzes • Teacher Created Assessments 	<ul style="list-style-type: none"> • Review • Re-teach • Reread • Individualized Instruction • Peer Tutoring • Support • Visual Aids 	<ul style="list-style-type: none"> •Independent projects •Peer teaching •Projects •Student Research •Field Trips

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<p>10.2 Healthful Living</p>						
<p>C. Analyze media health and safety messages and describe their impact on personal health and safety.</p>	<p>Students will: Identify the aspects of consumer health</p> <ul style="list-style-type: none"> • Consumer Habits • Choosing Health Services • Managing Consumer Skills • Public Health <p>Identify health skills that influence</p> <ul style="list-style-type: none"> • Decision Making • Communication • Stress Management • Anxiety/Depression • Support Systems • Internal/External Influences 	<ul style="list-style-type: none"> • Instruction • Group/Individual projects • Video Presentation • Discussion 	<ul style="list-style-type: none"> • Library Resources • On-line resources • Films • Current Issues • Text Books • Work Sheets • Packets 	<ul style="list-style-type: none"> • Worksheets • Discussion • Evaluation • Teacher Observation • Quizzes & Tests • Formal/Informal Tests & Quizzes • Teacher Created Assessments 	<ul style="list-style-type: none"> • Review • Re-teach • Reread • Individualized Instruction • Peer Tutoring • Support • Visual Aids 	<ul style="list-style-type: none"> • Independent projects • Peer teaching • Projects • Student Research • Field Trips

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<p>10.2 Healthful Living</p>						
<p>D. Analyze and apply a decision-making process to adolescent health and safety issues.</p>	<p>Students will: Identify the aspects of consumer health</p> <ul style="list-style-type: none"> • Consumer Habits • Choosing Health Services • Managing Consumer Skills • Public Health <p>Identify health skills that influence</p> <ul style="list-style-type: none"> • Decision Making • Communication • Stress Management • Anxiety/Depression • Support Systems • Internal/External Influences 	<ul style="list-style-type: none"> • Instruction • Group/Individual projects • Video Presentation • Discussion 	<ul style="list-style-type: none"> • Library Resources • On-line resources • Films • Current Issues • Text Books • Work Sheets • Packets 	<ul style="list-style-type: none"> • Worksheets • Discussion • Evaluation • Teacher Observation • Quizzes & Tests • Formal/Informal Tests & Quizzes • Teacher Created Assessments 	<ul style="list-style-type: none"> • Review • Re-teach • Reread • Individualized Instruction • Peer Tutoring • Support • Visual Aids 	<ul style="list-style-type: none"> • Independent projects • Peer teaching • Projects • Student Research • Field Trips

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10.2 Healthful Living						
E. Explain the interrelationship between the environment and personal health. <ul style="list-style-type: none"> • Ozone layer/skin cancer • Availability of health care/ individual health • Air pollution/ respiratory disease • Breeding environments/Lyme disease/West Nile virus 	Students will: Identify the aspects of consumer health <ul style="list-style-type: none"> • Consumer Habits • Choosing Health Services • Managing Consumer Skills • Public Health Identify health skills that influence <ul style="list-style-type: none"> • Decision Making • Communication • Stress Management • Anxiety/Depression • Support Systems • Internal/External Influences 	<ul style="list-style-type: none"> • Instruction • Group/Individual projects • Video Presentation • Discussion 	<ul style="list-style-type: none"> • Library Resources • On-line resources • Films • Current Issues • Text Books • Work Sheets • Packets 	<ul style="list-style-type: none"> • Worksheets • Discussion • Evaluation • Teacher Observation • Quizzes & Tests • Formal/Informal Tests & Quizzes • Teacher Created Assessments 	<ul style="list-style-type: none"> • Review • Re-teach • Reread • Individualized Instruction • Peer Tutoring • Support • Visual Aids 	<ul style="list-style-type: none"> • Independent projects • Peer teaching • Projects • Student Research • Field Trips

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10.3 Safety and Injury Prevention						
A. Analyze the role of individual responsibility for safe practices and injury prevention in the home, school, and community. <ul style="list-style-type: none"> • Modes of transportation (e.g., pedestrian, bicycle, vehicular, passenger, farm vehicle, all-terrain vehicle) • Violence prevention in school • Self-protection in the home • Self-protection in public places 	Students will identify safety practices involving: <ul style="list-style-type: none"> • Vehicles • Violence • CPR • Water Safety • Prevention 	<ul style="list-style-type: none"> • Instruction • Group/Individual Projects • Video Presentation • Discussion 	<ul style="list-style-type: none"> • Library Resources • Online resources • Films • Current Issues • Textbooks/worksheets • Packets 	<ul style="list-style-type: none"> • Worksheets • Discussion • Evaluation • Teacher observation • Quizzes and Tests • Teacher created assessments 	<ul style="list-style-type: none"> • Review • Re-teach • Reread • Individualized instruction • Peer Tutoring • Support • Visual Aids 	<ul style="list-style-type: none"> • Independent projects • Peer tutoring • Research • Field Trips

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10.3 Safety and Injury Prevention						
B. Describe and apply strategies for emergency and long-term management of injuries. •Rescue breathing •Water rescue •Self-care •Sport injuries	Students will identify safety practices involving: <ul style="list-style-type: none"> • Vehicles • Violence • CPR • Water Safety • Prevention 	<ul style="list-style-type: none"> • Instruction • Group/Individual Projects • Video Presentation • Discussion 	<ul style="list-style-type: none"> • Library Resources • Online resources • Films • Current Issues • Textbooks/worksheets • Packets 	<ul style="list-style-type: none"> • Worksheets • Discussion • Evaluation • Teacher observation • Quizzes and Tests • Teacher created assessments 	<ul style="list-style-type: none"> • Review • Re-teach • Reread • Individualized instruction • Peer Tutoring • Support • Visual Aids 	<ul style="list-style-type: none"> • Independent projects • Peer tutoring • Research • Field Trips

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10.3 Safety and Injury Prevention						
C. Analyze and apply strategies to avoid or manage conflict and violence during adolescence. •Effective negotiation •Assertive behavior	Students will identify safety practices involving: <ul style="list-style-type: none"> • Vehicles • Violence • CPR • Water Safety • Prevention 	<ul style="list-style-type: none"> • Instruction • Group/Individual Projects • Video Presentation • Discussion 	<ul style="list-style-type: none"> • Library Resources • Online resources • Films • Current Issues • Textbooks/worksheets • Packets 	<ul style="list-style-type: none"> • Worksheets • Discussion • Evaluation • Teacher observation • Quizzes and Tests • Teacher created assessments 	<ul style="list-style-type: none"> • Review • Re-teach • Reread • Individualized instruction • Peer Tutoring • Support • Visual Aids 	<ul style="list-style-type: none"> • Independent projects • Peer tutoring • Research • Field Trips

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10.3 Safety and Injury Prevention						
D. Analyze the role of individual responsibility for safety during organized group activities.	Students will identify safety practices involving: <ul style="list-style-type: none"> • Vehicles • Violence • CPR • Water Safety • Prevention 	<ul style="list-style-type: none"> • Instruction • Group/Individual Projects • Video Presentation • Discussion 	<ul style="list-style-type: none"> • Library Resources • Online resources • Films • Current Issues • Textbooks/worksheets • Packets 	<ul style="list-style-type: none"> • Worksheets • Discussion • Evaluation • Teacher observation • Quizzes and Tests • Teacher created assessments 	<ul style="list-style-type: none"> • Review • Re-teach • Reread • Individualized instruction • Peer Tutoring • Support • Visual Aids 	<ul style="list-style-type: none"> • Independent projects • Peer tutoring • Research • Field Trips