

**CURRICULUM MAP
COURSE – HEALTH I
GRADE – 9**

WEEK	ESSENTIAL QUESTIONS	CONTENT	SKILLS	ASSESSMENT	STANDARDS
1	How can I develop and maintain health habits and continue to make good choices on a regular basis?	Actions and consequences	-how to be proactive with one's personal health	Test, Homework, Quizzes, and Class work	2.2.12.B.1 – [Cumulative Progress Indicator] – Predict the short and long-term consequences of good and poor decision-making on oneself, friends, family, and others.
2 – 3	How will I deal with stress in my life?	7 habits of highly effective teens	-describe, discuss, and demonstrate the 7 Habits of Highly Effective Teens -create personal mission statement -log random acts of kindness, activities, goals -Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts. -Definition, causes, symptoms, and strategies for dealing with stress.	Test, Homework, Quizzes, and Class work	2.2.12.B.1 – [Cumulative Progress Indicator] – Predict the short and long-term consequences of good and poor decision-making on oneself, friends, family, and others. 8.1.12.F.1 Evaluate the strengths and limitations of emerging technologies and their impact on educational, career, personal and or social needs.
4 – 5	Why be physically active?	Personal Fitness	-fitness vocabulary -measure BMI -Calculate Target Heart Rate -chart personal physical activity and daily diet choices -create personal fitness workout plan -Determine the relationship of nutrition and physical activity to weight loss/gain/maintenance	Test, Homework, Quizzes, Class work, and Projects	2.6.12.A.2 - [Cumulative Progress Indicator] - Design, implement, and evaluate a fitness plan that reflects knowledge and application of fitness-training principals. 2.6.12.A.4 - [Cumulative Progress Indicator] - Compare and contrast the impact of health-related fitness components as a measure of fitness and health. 2.6.12.A.5 - [Cumulative Progress Indicator] - Debate the use of performance-enhancing substances (i.e., anabolic steroids and other legal and illegal substances) to improve

					<i>performance.</i>
6	How does what I eat affect my health?	Personal Nutrition	<ul style="list-style-type: none"> -list and discuss issues an athlete may face if not eating properly -discover health problems that result from poor diet -design diet changes that will improve health -interpret food labels -develop new WDHS lunch menu -Analyze the role of personal responsibility in maintaining and enhancing personal, family, community, and global wellness 	Test, Homework, Quizzes, Class work, and Projects	<p>2.1.12.B.1 - [Cumulative Progress Indicator] - Determine the relationship of nutrition and physical activity to weight loss, weight gain, and weight maintenance.</p> <p>2.1.12.B.3 - [Cumulative Progress Indicator] - Analyze the unique contributions of each nutrient class (fats, carbohydrates, protein, water, vitamins, and minerals) to one's health.</p> <p>9.3.12.AG.1 Analyze how issues, trends, technologies and public policies impact systems in the Agriculture, Food & Natural Resources Career Cluster.</p>
7 - 8	<p>Why is teen drinking so pervasive in our society?</p> <p>Why choose to abuse a drug if you know its effect?</p>	Drug Abuse	<ul style="list-style-type: none"> -list and give the effects of a variety of licit and illicit drugs -realize the importance of a "natural high" -design anti-drug brochure -Relate personal abuse of prescription and over-the-counter medicines to wellness. -Compare and contrast the incidence and impact of commonly abused substances on individuals and communities 	Test, Homework, Quizzes, Class work, and Projects	<p>2.3.12.B.3 - [Cumulative Progress Indicator] - Correlate increased alcohol use with challenges that may occur at various life stages.</p> <p>HE.9-12. - [Content Statement] - There are immediate and long-term consequences of risky behavior associated with substance abuse.</p> <p>9.3.12.AR-AV.4 Design an audio, video and/or film production.</p> <p>9.3.12.AR-JB.3 Design an audio, video and/or film production.</p>
9	<p>How do I know if someone really cares for me?</p> <p>Why do some sexually active teens fail to use proper protection against pregnancy and STI's?</p>	Dating Relationships	<ul style="list-style-type: none"> -Explain ways to protect against abuse and all forms of assault and what to do if assaulted. -Predict the possible long-term effects of adolescent sex on future education, on career plans 	Homework and Class work	<p>HE.9-12. - [Content Statement] - The decision to become sexually active affects one's physical, social, and emotional health.</p> <p>2.4.12.A.4 - [Cumulative Progress Indicator] - Predict how relationships may evolve over time, focusing on changes in friendships, family, dating relationships, and lifetime commitments such as marriage.</p>