

CAMDEN COUNTY SCHOOLS
2014-2015 PACING GUIDE
HEALTH EDUCATION 9TH GRADE HEALTHFUL LIVING

1 st 4.5 Weeks	2 nd 4.5 Weeks	3 rd 4.5 Weeks	4 th 4.5 Weeks
Unit	Unit	Unit	Unit
<p>Create positive stress management strategies.</p> <p>Create help-seeking strategies for depression and mental disorders.</p> <p>Analyze wellness, disease prevention, and recognition of symptoms.</p> <p>Evaluate health information and products.</p> <p>Understand necessary steps to prevent and respond to unintentional injury.</p>	<p>Understand health and effective interpersonal communication and relationships.</p> <p>Evaluate abstinence from sexual intercourse as a positive choice for young people.</p> <p>Create strategies that develop and maintain reproductive and sexual health.</p> <p>** 9 weeks fitness test**</p>	<p>Analyze strategies using tools (MyPlate, Dietary Guidelines, Food Facts Label) to plan healthy nutrition and fitness.</p> <p>Create strategies to consume a variety of nutrient dense foods and beverages in moderation.</p> <p>Analyze the relationships of nutrition, fitness, and healthy weight management to the prevention of disease such as diabetes, obesity, cardiovascular diseases, and eating disorders.</p> <p>Apply lifelong nutrition and health-related fitness concepts to enhance quality of life.</p>	<p>Understand the health risks associated with alcohol, tobacco, and other drug use.</p> <p>Apply risk reduction behaviors to protect self and others from alcohol, tobacco, and other drug use.</p> <p>DARE</p> <p>Reducing the risks unit</p> <p>Health topic essay project</p> <p>** Final Assessment**</p>
Objectives	Objectives	Objectives	Objectives
<p>9.MEH.1.1- 1.2</p> <p>9 MEH.4.1- 4.2</p> <p>9.PCH.1.1-1.7</p> <p>9PCH.2.1-2.2</p> <p>9 PCH 3.1- 3.2</p>	<p>9.ICR.1.1-1.5</p> <p>9.ICR 2.1- 2.2</p> <p>9.ICR 3.1-3.4</p>	<p>9.NPA.1.1-1.3</p> <p>9. NPA.2.1-2.3</p> <p>9.NPA.3.1-3.3</p> <p>9.NPA.4.1-4.3</p>	<p>9.ATOD.1.1-1.6</p> <p>9.ATOD.2.1-2.2</p> <p>WHST.9-10.2, WHST.9-10.4-10.10</p>
Major Concepts	Major Concepts	Major Concepts	Major Concepts
<p>-Mental and emotional health</p> <p>-Personal and consumer health</p>	<p>-Interpersonal communication and relationships</p>	<p>-Nutrition and physical activity</p>	<p>-Alcohol, tobacco, and other drugs</p> <p>-DARE</p> <p>-Writing across the curriculum</p> <p>-Reducing the risks curriculum</p>

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