

## Moon Area School District Curriculum Map

**Course: Health & Wellness 9**

**Grade Level: 9**

**Content Area: Health & Physical Education**

**Frequency: Full-Year Course (.5 credit/opposite PE 9)**

### Big Ideas

1. The acquisition of basic health concepts and functional health knowledge provides a foundation for promoting health-enhancing behaviors among youth. Concepts of health promotion and risk reduction are essential in enhancing health.
2. Health is affected by a variety of positive and negative influences within society. It is important to understand the internal and external factors that influence health practices and behaviors among youth, including personal values and beliefs, influence of family, peers, culture, media, technology and other factors.
3. Access to valid health information and health promoting services is critical in the prevention, early detection, and treatment of health problems. Application of the skills of analysis, comparison, and evaluation of health resources empowers students to achieve health literacy.
4. Effective communication enhances personal, family, and community health. Responsible individuals use verbal and non-verbal skills to develop and maintain healthy personal relationships. Organizing and conveying information and feelings is the basis for strengthening interactions and reducing or avoiding conflict/health risks.
5. Decision-making skills are needed to identify, implement, and sustain health-enhancing behaviors. When applied to health issues, the decision-making process enables individuals to make better informed/educated decisions and collaborate with others to improve their quality of life.
6. Goal-setting skills are essential to help students identify, adopt, and maintain healthy behaviors. These skills make it possible for individuals to set short and long-term goals, and to have aspirations and plans for the future.

### Essential Questions

- A. What is optimism? Explain the influence a positive mindset has on your physical, mental/emotional and social health.
- B. What is Adversity, examples? Why is Resilience important?
- C. How can I apply the 7 Habits of Highly Effective Teens in my life?
- D. How can I use Naviance to help determine my strengths/interests and future goals/plans related to college and career?
- E. What factors affect my health? Differentiate between controllable and uncontrollable risk factors and how they impact my physical, mental/emotional and social health.

- F. Why are goal setting, decision making and refusal skills important in establishing healthy behaviors in my life?
- G. Why is assertive communication important in my life? How can it help me achieve my physical, mental, social and emotional health goals?
- H. What are my resources for achieving and maintaining a healthy body and mind? Where can I get help?

**Primary Resource(s) & Technology:**

Microsoft Teams, Promethean Boards, Student Laptops, Lifetime Health Text, Valid/Current online data/resources, Quizlet, Edpuzzle

**Pennsylvania and/or focus standards referenced at:**

[www.pdesas.org](http://www.pdesas.org)

[www.education.pa.gov](http://www.education.pa.gov)

**National Standards on Health & Wellness**

<https://www.shapeamerica.org/standards/>

Big Ideas/E Qs	Focus Standard(s)	Assessed Competencies (Key content and skills)	Timeline
1,2,3,5,6, A,B,C,E, F,G,H	National Standards: Wellness 1.12.1 1.12.2 1.12.4 2.12.1 2.12.3 2.12.4 2.12.5 5.12.2  State Standards 10.1.9 D 10.1.12.E 10.2.9 C 10.2.12 B 10.2.12 C 10.2.12 D	<p><b>FOUNDATIONS</b>            Building a strong foundation for success in high school and beyond.</p> <ul style="list-style-type: none"> <li>• Describe the concept of adversity and the importance of resiliency.</li> <li>• Differentiate between optimism and pessimism and conclude how each attitude can affect your quality of life.</li> <li>• Differentiate between proactive and reactive behaviors/actions.</li> <li>• Identify and connect with key terms/concepts related to The 7 Habits of Highly Effective Teens</li> <li>• Define the concepts of paradigm and paradigm shift; connect personal examples</li> </ul> <p><b>LEADING A HEALTHY LIFE</b></p> <ul style="list-style-type: none"> <li>• Identify &amp; discuss controllable and uncontrollable risk factors that can lead to lifestyle diseases/health complications.</li> </ul>	Health Block 1 (23 days)

		<ul style="list-style-type: none"> <li>• Predict how healthy behaviors can affect health status.</li> <li>• Describe the interrelationships of emotional, mental, social and physical health.</li> <li>• Analyze how genetics and family history can impact personal health.</li> <li>• Analyze how our wellness choices can influence our risk for diseases of the heart, blood, brain and body.</li> <li>• Analyze how family influences the health of individuals.</li> </ul> <p><b>LIFE SKILLS</b></p> <ul style="list-style-type: none"> <li>• Identify Life Skills (tools for building a healthy life) and the influence they have on our personal wellness.</li> <li>• Research community resources local to us that can aid in the improvement of our physical, mental, social, emotional and spiritual health.</li> <li>• Explain how the school and community can affect personal health practice and behaviors.</li> <li>• Recognize and practice Refusal Skills.</li> <li>• Discuss why it is important to assess your health regularly.</li> <li>• Provide examples for practicing wellness.</li> <li>• Analyze how peers influence healthy and unhealthy behaviors.</li> <li>• Identify the steps in the SMART goal setting model and set personal and specific goals for success.</li> <li>• Analyze how the media influences our perceptions and ways to stay safe/smart online.</li> <li>• Consider the value of applying a thoughtful decision-making process in health-related situations.</li> <li>• Evaluate the effect of media on personal and family health.</li> </ul>	
1,2,3,4	National Standards-	<b>HABITS 2, 3 &amp; 4 OF THE 7 HABITS OF HIGHLY EFFECTIVE TEENS</b>	Health Block 2

<p>,5,6,C, D,E,F,G ,H</p>	<p>Wellness 1.12.5 1.12.6 2.12.8 3.12.1</p> <p>PA Career &amp; Work Standards 13.1.B 13.1.F 13.1.G 13.1.H</p> <p>State Standards 10.1.12 B 10.1.9 D 10.2.9 A 10.2.12 D 10.2.12 E 10.3.12 D 10.4.9 B 10.4.12 B 10.4.9 D 10.5.9 A</p>	<ul style="list-style-type: none"> <li>• Habit 2: Begin with the End in Mind; establishing a game plan for a successful future. Making decisions now that guide us towards our future goals.</li> <li>• Evaluate your Term 1 report card and set specific goals for Term 2 including action steps that will help you achieve these goals.</li> <li>• What is a Mission Statement? Who has them/why are they important?</li> <li>• Design a personal Mission Statement/Poster that includes personal, social, academic short and long-term goals.</li> <li>• Complete a Time Capsule assignment identifying current important things/people/events in your life, set goals for your future self. To be returned to student in May of 12<sup>th</sup> grade.</li> <li>• Analyze Habit 3: Put First Things First; Discuss the importance of establishing Priorities and reducing time procrastinating.</li> <li>• Identify your personal priorities and discuss what steps you are taking to make them a priority; importance of time management.</li> <li>• Analyze Habit 4: Think Win-Win; Review the 4 attitudes of interaction (win-win, win-lose, lose-lose, lose-win) and discuss examples, positives/negatives of each.</li> <li>• Discuss the importance of cooperation over competition in relationships/friendships.</li> <li>• Provide examples of where in your life you can create a win-win situation, so everyone gets something they need.</li> </ul> <p><b>FITNESS</b></p> <ul style="list-style-type: none"> <li>• Identify and discuss the structure/function of general anterior and posterior upper/lower body muscles.</li> <li>• Propose ways to reduce and care for minor injuries (including RICE).</li> <li>• Describe the benefits of flexibility.</li> <li>• Identify and differentiate between skill and health related components of fitness.</li> <li>• Review key terms related to Fitness/Wellness.</li> <li>• Explain the concepts of the FITT principle of training.</li> </ul> <p><b>PROTECTING YOUR HEALTH</b></p>	<p>(23 days)</p>
-----------------------------------	---	--	------------------

		<ul style="list-style-type: none"> <li>Describe the key terms and concepts related to health care, health insurance and agencies that help us protect our health.</li> <li>Evaluate the validity of health information, products and services.</li> </ul> <p><b>NAVIANCE- College/Career Prep</b></p> <ul style="list-style-type: none"> <li>Identify your personal interests and strengths: Naviance College/Career Planning Strengths Explorer Survey: Task 1</li> <li>Explore future Career/College opportunities through Naviance: Task 2 Colleges/Careers. What types of careers might I be interested in? What type of education do I need? What is the starting salary range?</li> </ul>	
<p>1,2,3,4,5,6,D,E,F,G,H</p>	<p>PA Career &amp; Work Standards  13.1.B  13.1.F  13.1.G  13.1.H  13.3.D</p> <p>National Standards- Wellness  5.12.2  5.12.5  5.12.7  7.12.2</p> <p>State Standards  10.1.9 A  10.1.12 A  10.1.9 D  10.2.9 C  10.2.12 B  10.2.12 D</p>	<p><b>SETTING GOALS</b></p> <ul style="list-style-type: none"> <li>Review your Term 2/Sem. 1 Report card; set goals specific to your FINAL YEAR GRADE. Determine the grade you need in Sem 2 to be able to finish the year with your GOAL YEAR GRADE.</li> </ul> <p><b>NAVIANCE- College/Career Prep</b></p> <ul style="list-style-type: none"> <li>Explore personal potential career interests by viewing short videos/bios of adults who have chosen a path of interest: Naviance RoadTrip Nation Task 3.</li> <li>Explore personal college interests (including major, location, size, cost, tuition, acceptance rate, graduation rate, GPA/SAT requirements, etc) and generate a list of match schools. Connect with schools interested in you. Complete Naviance College SuperMatch Task 4.</li> <li>Explore colleges that have accepted Moon students. Examine the Scattergram plot/graph data to determine the number of applicants, acceptances and enrollments from Moon over the past 5 years. Identify the goal GPA/SAT that will help you gain admittance to your selected school/schools. Naviance Scattergram Task 5</li> <li>Guidance Presentation: Building a Solid High School Transcript; decide what you want YOUR transcript to look like- Begin with the End in Mind. Complete Naviance Task: Guidance Survey.</li> </ul> <p><b>ADOLESCENCE TO ADULTHOOD</b></p>	<p>Health Block 3  (23 days)</p>

		<ul style="list-style-type: none"> <li>• Analyze the changes that happen Physically, Mentally, Emotionally, Socially and Financially throughout Adolescence, Young Adulthood, Middle Adulthood and Older Adulthood.</li> <li>• Identify common health risks associated with each stage of development (aging).</li> <li>• Review key terms related to Adolescence &amp; Adulthood.</li> </ul> <p><b>THE REPRODUCTIVE SYSTEM</b></p> <ul style="list-style-type: none"> <li>• Review key terms and concepts related to the structure, function and general complications of the male and female reproductive system.</li> </ul> <p><b>HEALTHY RELATIONSHIPS</b></p> <ul style="list-style-type: none"> <li>• Identify and discuss characteristics of Healthy and Unhealthy Relationships.</li> <li>• Explain the influence of personal values and beliefs on individual health practices and behaviors.</li> <li>• Use resources from home, school, and community that provide valid health information. Real Choices Presentations: Sexual Risk Avoidance/Healthy Relationships.</li> <li>• Explain the benefits of establishing healthy boundaries in your personal/professional relationships.</li> <li>• Discuss the importance of self-respect and respect for others in healthy relationships.</li> </ul> <p><b>RISKS OF SEXUAL ACTIVITY/BENEFITS OF ABSTINENCE</b></p> <p>Discuss the possible consequences of engaging in sexual activity at a young age/outside a long-term committed relationship (physical, mental, emotional, social).</p> <ul style="list-style-type: none"> <li>• What is Abstinence? Provide examples in everyday life where we apply the concept. Discuss the benefits of demonstrating self-control and choosing Abstinence.</li> <li>• What is self-control? Provide examples in everyday life where we apply the concept.</li> </ul>	
--	--	--	--

		<ul style="list-style-type: none"> <li>Identify and describe the symptoms, diagnosis, complications and treatment for common sexually transmitted infections.</li> <li>Use resources from home, school, and community that provide valid health information. Real Choices Presentations: Sexual Risk Avoidance/Healthy Relationships.</li> <li>Review the importance of establishing a positive and open line of communication with your parents to discuss friendships and dating relationships.</li> </ul>	
1,2,3,4,5,6,A,B,C,D,E,F,G,H	<p>National Standards- Wellness 3.12.4 3.12.5 4.12.1 4.12.2 4.12.3 4.12.4</p> <p>PA Career &amp; Work Standards 13.1.B 13.1.F 13.1.G 13.1.H 13.3.D</p> <p>State Standards 10.2.9 A 10.2.9.C 10.2.9 D 10.2.12 A 10.2.12 B 10.2.12 D 10.3.9 C</p>	<p><b>HEALTH PROFESSIONALS</b></p> <ul style="list-style-type: none"> <li>Explore and Analyze the role of Health Providers and Professionals by studying different Medical Professionals and their roles.</li> <li>Determine when professional health services may be required.</li> </ul> <p><b>HABITS 5,6 &amp; 7 OF THE 7 HABITS OF HIGHLY EFFECTIVE TEENS</b></p> <p><b>COMMUNICATING EFFECTIVELY</b></p> <ul style="list-style-type: none"> <li>Analyze and apply Habit 5: Seek First to Understand, then to be Understood</li> <li>Communicating Effectively- Use skills for communicating effectively with family, peers and others to enhance health.</li> <li>Analyze the role of body language, facial expressions, tone and volume of voice, speed and clarity in clear communication.</li> <li>Discuss reasons why miscommunication might occur.</li> <li>Proper Social Media Manners/Being Smart Online</li> <li>Consider roadblocks to good communication.</li> <li>Identify the key steps and importance of Genuine Listening.</li> <li>Differentiate between I Statements &amp; You Statements and the impact they have on effective communication.</li> <li>Differentiate between one-way and two-way communication.</li> <li>Demonstrate refusal, negotiation, and collaboration skills.</li> <li>Differentiate between Passive, Assertive and Aggressive responses.</li> </ul>	Health Block 4 (23 days)

		<ul style="list-style-type: none"> <li>• Analyze Habit 6 Synergize- Working Together to achieve more! Review the benefits of teamwork and finding a way to bring out the best when working with others.</li> <li>• Analyze Habit 7: Sharpen the Saw. Conclude that self-care, self-reflection and self-renewal are essential elements of overall wellness; recognize signs of overscheduling/burnout.</li> </ul> <p><b>STRESS/COPING</b></p> <ul style="list-style-type: none"> <li>• Define Stress, discuss the relationship of feeling stress on your physical, mental, social and emotional health.</li> <li>• Identify common stressors and discuss ways of positively managing emotions with coping skills.</li> <li>• Analyze different defense mechanisms and provide connections/examples of where in your daily life you have observed them in action.</li> <li>• Differentiate between positive and negative coping strategies.</li> <li>• Discuss common changes/challenges that teens face that require positive coping strategies.</li> <li>• Coping with change/challenges/loss.</li> <li>• Review key terms related to coping with loss.</li> <li>• Identify signs of stress overload and determine when additional resources to help promote positive mental health help may be needed.</li> <li>• Identify the warning signs of suicide; words that warn and resources available to help.</li> <li>• How Full is Your Bucket? Reflect on how the kindness we show others makes us feel. May is Teacher Appreciation month- Reflect on two teachers K-9 who have made a lasting impact on your educational experience thus far. Write a short note of appreciation, citing examples of why they made a difference in your life. These letters will be sent to the teachers either via Teams Chat or interoffice mail.</li> </ul> <p><b>NAVIANCE- College/Career Prep</b></p> <ul style="list-style-type: none"> <li>• Review the Tasks we have completed throughout the year in Naviance. Complete the two final 9<sup>th</sup> grade surveys (7 Habits &amp; I Statements). Be sure all 7 graduation tasks are complete; update College Supermatch if interests have changed; favorite schools of interest.</li> </ul>	
--	--	---	--