

9th-10th Grade

- PS 1 Explain how personal wellness is negatively affected when a dimension of health is neglected.
- PS 2 Demonstrate the ability to use goal setting skills to enhance health.
- PS 3 Demonstrate the ability to use decision making skills to enhance health.
- PS 4 Identify ways to avoid unintended pregnancy and sexually transmitted diseases.
- PS 5 Analyze the consequences of risky behaviors related to sexual health.
- PS 6 Identify ways to maintain reproductive health throughout life.
- PS 7 Compare and contrast healthy and unhealthy relationships.
- PS 8 Demonstrate skills for communicating effectively (oral, written, and various technologies, etc.) to enhance health.
- PS 9 Compare and contrast the physical, social, and emotional effects of substance use.
- PS 10 Explain the stages of substance use and the short and long term consequences.
- PS 11 Evaluate emergency situations and demonstrate first-aid procedures to industry standard.
- PS 12 Evaluate emergency situations and demonstrate C.P.R. and A.E.D. procedures to industry standard.
- PS 13 Identify types of stress, their causes and analyze how it relates to health.
- PS 14 Analyze ways to prevent and cope with stress.
- PS 15 Analyze the functions of the major nutrients.
- PS 16 Analyze healthy and unhealthy ways to maintain fitness.
- PS 17 Develop a meal plan based on individual needs, activity level and dietary guidelines.
- PS 18 9-10.RST.6 Analyze the author's purpose in providing an explanation, describing a procedure, or discussing an experiment in a text, defining the question the author seeks to address.
- PS 19 9-10.RST.8 Assess the extent to which the reasoning and evidence in a text support the author's claim or a recommendation for solving a scientific or technical problem.
- PS 20 9-10.WHST.7 Conduct short as well as more sustained research projects to answer a question (including a self-generated question) or solve a problem; narrow or broaden the inquiry when appropriate; synthesize multiple sources on the subject, demonstrating understanding of the subject under investigation.
- PS 21 9-10.WHST.9 Draw evidence from informational texts to support analysis, reflection, and research.
- PS 22 9-10.RST.4 Determine the meaning of symbols, key terms, and other domain-specific words and phrases as they are used in a specific scientific or technical context relevant to grades 9–10 texts and topics.