



**Course Title:** Health 9

**Content Area:** Health and Physical Education

**Grade Level:** 9

## Scope and Sequence

Grade Level: 9			Content Area: Health			
Unit or Topic	Standards	Length of Time	Key Content	Assessment Tools	Scaffolding Strategies (Interventions, Special Education)	Resources & Materials
You and Your Health	10.1.9.A 10.1.9.D 10.1.12.B	2-3 weeks	<ul style="list-style-type: none"><li>Your health your responsibility.</li><li>Self Esteem.</li><li>Decision Making Skills.</li></ul>	Teacher created assessments – questions, projects, discussions.	Students are allowed more than one attempt/time if needed.	Kids Health.org Most content is teacher created. Most materials are posted in Blackboard.
Managing Stress in your life	10.1.9.A 10.1.9.D 10.1.12.B	1-2 weeks	<ul style="list-style-type: none"><li>How Stress affects your body/body systems</li><li>Stress and the individual</li><li>Coping</li></ul>	Teacher created assessments – questions, projects, discussions.	Students are allowed more than one attempt/time if needed.	Kids Health.org Most content is teacher created. Most materials are posted in Blackboard.
Food and Nutrition	10.1.12.B 10.1.9.C 10.1.12.C	3-4 weeks	<ul style="list-style-type: none"><li>My plate/food groups</li><li>6 essential nutrients</li><li>Balanced diet</li><li>Fast Food</li><li>Energy balance</li><li>Metabolic diseases</li></ul>	Teacher created assessments – questions, projects, discussions.	Students are allowed more than one attempt/time if needed.	Kids Health.org Myplate.gov HS My plate Drexel Lessons Most content is teacher created. Most materials are posted in Blackboard.
Smoking, Vaping,	10.2.9.B 10.1.9.D 10.1.12.D	1-2 weeks	<ul style="list-style-type: none"><li>Use /Misuse / Abuse</li><li>Behaviors</li><li>Effects on Self/Family</li></ul>	Teacher created assessments –	Students are allowed more than	Kidshealth.org All content is teacher created.



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Tobacco, Alcohol			<ul style="list-style-type: none"><li>• Multiplier Effect</li><li>• Smoking /vaping</li><li>• Alcohol/underage drinking/driving</li></ul>	questions, projects, discussions.	one attempt/time if needed.	Materials are posted in Blackboard.
Illegal Drugs	10.1.9.D 10.1.12.D	2 weeks	<ul style="list-style-type: none"><li>• Classifying illegal drugs</li><li>• Commonly abused drugs</li><li>• Associated behaviors</li><li>• Factors affecting drug abuse</li><li>• Choosing to be drug free</li></ul>	Teacher created assessments – questions, projects, discussions.	Students are allowed more than one attempt/time if needed.	Kids Health.org Most content is teacher created. Most materials are posted in Blackboard.
Relationships	10.1.9.A	1-2 weeks	<ul style="list-style-type: none"><li>• Friends/Partners</li><li>• Healthy</li><li>• Abusive</li><li>• Breakups</li><li>• Personal Safety</li><li>• Communication</li></ul>	Teacher created assessments – questions, projects, discussions.	Students are allowed more than one attempt/time if needed.	Kids Health.org Most content is teacher created. Most materials are posted in Blackboard.
Sexual Health	10.1.9.A 10.1.9.E 10.1.12.E	1-2 weeks	<ul style="list-style-type: none"><li>• Pregnancy/Reproduction</li><li>• Consent</li><li>• STD/HIV</li><li>• Sexual decision Making: Birth Control Condoms Abstinence</li></ul>	Teacher created assessments – questions, projects, discussions.	Students are allowed more than one attempt/time if needed.	Kids Health.org Khan academy Most content is teacher created. Most materials are posted in Blackboard.
Safety/First aid/Healthful living	10.2.9.C 10.9.2.D 10.9.2.E 10.9.3.A 10.9.3.D	1 week	<ul style="list-style-type: none"><li>• Social Media</li><li>• Sports</li><li>• Home</li><li>• Basic/disaster kits content</li></ul>	Teacher created assessments – questions,	Students are allowed more than one attempt/time if needed.	Kids Health.org Most content is teacher created. Most materials



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			<ul style="list-style-type: none"><li>• Prevention</li></ul>	projects, discussions.		are posted in Blackboard.
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