

**Trinity Area School District
Template for Curriculum Mapping**

Course: Health Grade: 9th Designer(s): Angelo Marino	Overview of Course (Briefly describe what students should understand and be able to do as a result of engaging in this course): The purpose of this course is to prepare students to take responsibility for personal wellness. The topics covered in this course will help students increase their understanding of health information and continue to develop skills necessary to increase health literacy.
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Overarching Big Ideas, Enduring Understandings, and Essential Questions
(These “spiral” throughout the entire curriculum.)

Big Idea	Standard(s) Addressed	Enduring Understanding(s)	Essential Question(s)
Wellness	10.2.9 B, D, E 10.1.9 E	<ul style="list-style-type: none"> • Making healthy choices and practicing healthy behaviors are necessary to maintain a high level of health. • Heredity, environmental, and lifestyle factors influence overall health. 	<ul style="list-style-type: none"> • What are some healthy lifestyle choices and behaviors teens can make to maintain a high level of health? • What are some factors you have control over that influence your health?
Emotional/Mental Health	10.1.9 E 10.2.9 D 10.3.9 C 10.4.9 B	<ul style="list-style-type: none"> • Good emotional /mental health can have a positive impact on everyday life. 	<ul style="list-style-type: none"> • What are some everyday life challenges that can affect emotional/mental health?
Body Systems	10.1.9 B 10.4.9 C	<ul style="list-style-type: none"> • Maintaining healthy body systems will help prevent lifestyle diseases. 	<ul style="list-style-type: none"> • What are some lifestyle behaviors that help maintain healthy body system?
Nutrition	10.1.9 C	<ul style="list-style-type: none"> • Maintaining a healthy diet is important for lifelong health. 	<ul style="list-style-type: none"> • How can the foods you choose to eat daily affect your health?
Weight Management	10.1.9 C 10.2.9 B	<ul style="list-style-type: none"> • Maintaining a healthy body weight can lower the risk of some lifestyle diseases. 	<ul style="list-style-type: none"> • What are some ways that a person’s body weight can affect their health?
Tobacco, Drugs, and	10.1.9 A, D	<ul style="list-style-type: none"> • All tobacco products contain chemicals that can cause 	<ul style="list-style-type: none"> • What are some of the health risks

Alcohol	10.2.9 A,B,C, D 10.4.9 C	serious health problems. <ul style="list-style-type: none"> • Drug and alcohol use can increase physical, emotional, and social health risks. 	associated with tobacco? <ul style="list-style-type: none"> • How can drug and alcohol use increase physical, emotional, and social health risks?
Sexuality	10.1.9 A	<ul style="list-style-type: none"> • Being sexually active increases the risk of unwanted pregnancies. • Being sexually active increases the risk of contracting a sexually transmitted disease. 	<ul style="list-style-type: none"> • How can a person express their sexuality in ways that are both healthy and responsible?
Environmental Health	10.2.9 E	<ul style="list-style-type: none"> • The interactions of people and the environment as a whole may have short – term and long – term health consequences. 	<ul style="list-style-type: none"> • In what ways can a person’s immediate surroundings impact their overall health?
Personal Safety	10.3.9 A,B,D	<ul style="list-style-type: none"> • Learning how to recognize, avoid, and respond to dangerous situations is important to maintaining personal safety. 	<ul style="list-style-type: none"> • How can recognizing and avoiding dangerous situations help to maintain personal safety?

Big Ideas, Enduring Understandings, and Essential Questions Per Unit of Study
 (These do NOT “spiral” throughout the entire curriculum, but are specific to each unit.)

Month of Instruction	Title of Unit	Big Idea(s)	Standard(s) Addressed	Enduring Understanding(s)	Essential Question(s)	Common Assessment(s)*	Common Resource(s)* Used
Weeks 1 & 2 10 days	Health Triangle	Wellness	10.2.9 B, D, E 10.1.9 E	<ul style="list-style-type: none"> • Making healthy choices and practicing healthy behaviors are necessary to maintain a high level of health. • Heredity, environmental, and lifestyle factors influence overall health. 	<ul style="list-style-type: none"> • What are some healthy choices and behaviors teens can make to maintain a high level of health? • What are some factors you have control over that influence your 	Student self-assessment Decision-Making activity Notebook check Written Test	Text – Glencoe Health, 2009 Internet CDC

					health?		
Week 3 5 days	Emotional Well Being	Emotional/ Mental Health	10.2.9 D 10.1.9 E	<ul style="list-style-type: none"> • Good emotional /mental health can have a positive impact on everyday life. 	<ul style="list-style-type: none"> • What are some aspects of everyday life that can affect emotional/mental health? 	Student self-assessment Assessment-Written & Oral-character trait analysis Written Test	Text- Glencoe Health, 2009 Internet DVD-Emotional Control
Week 4 5 days	Stress	Emotional/ Mental Health	10.3.9 C 10.4.9 B	<ul style="list-style-type: none"> • Stress can be positive and negative towards health. 	<ul style="list-style-type: none"> • What are some of the common stressors that affect a person's health in positive and negative ways? • What are some common ways to manage stress? 	Student self-assessment Decision-Making Activity Think-Pair-Share Written Test	Text- Glencoe Health, 2009 Video Clips on Teen Stressors
Week 5 to 6 ½ 8 days	Emotional/ Mental Health Problems	Emotional/ Mental Health	10.1.9 E	<ul style="list-style-type: none"> • Emotional/Mental problems can be successfully treated. 	<ul style="list-style-type: none"> • What are some ways emotional/mental problems are treated? 	Performance Assessment Task- Group Power Point Rubric Think-Pair-Share	Text- Glencoe Health, 2009 Internet Video Clips on depression, anxiety
Week 6 ½ to 7 3 days	Healthy Relationships	Emotional/ Mental Health	10.1.9 A 10.3.9 C	<ul style="list-style-type: none"> • Healthy relationships are essential for maintain overall wellness. 	<ul style="list-style-type: none"> • What are some ways to build and maintain healthy relationships? 	Web Activity Peer Response	Text- Glencoe Health, 2009 Internet Guest Speaker
Weeks 7 thru 9 14 days	Integumentary System, teeth and mouth, eyes and ears	Body Systems	10.1.9 B 10.4.9 C	<ul style="list-style-type: none"> • Taking care of your skin, hair, nails, teeth, eyes, and ears helps keep your whole body healthy. 	<ul style="list-style-type: none"> • How can you protect and keep your skin, hair, nails, teeth, eyes, 	Assessment Task – diagram & re-teaching activity on body system.	Text- Glencoe Health, 2009 Internet Video Clips on body systems

					and ears healthy ?	Minute Paper on halitosis Written Test	in discussion Power Point Guest Speaker
	Skeletal, Muscular, and Nervous Systems	Body Systems	10.1.9 B 10.4.9 C	<ul style="list-style-type: none"> • Healthy bones, muscles, and a nervous system is important for overall wellness. 	<ul style="list-style-type: none"> • What are some of the ways a person can maintain healthy bones, muscles, and a nervous system? 	Assessment Task – diagram & re-teaching activity on body system. Written Test	Text- Glencoe Health, 2009 Internet Video Clips on body systems in discussion Skeletal & joint models Power Point
	Cardiovascular, Respiratory, Digestive, and Urinary Systems	Body Systems	10.1.9 B 10.4.9 C	<ul style="list-style-type: none"> • Healthy lifestyle behaviors are essential in maintaining the cardiovascular, respiratory, digestive, and urinary systems. 	<ul style="list-style-type: none"> • What are some healthy lifestyle behaviors that help maintain circulation, breathing, digestion, and excretion? 	Assessment Task – diagram & re-teaching activity on body system. Strip Sequences on circulation. Written Test	Text- Glencoe Health, 2009 Internet Video Clips on body systems in discussion Power Point
Weeks 10 thru 12 15 days	Eating Habits	Nutrition	10.1.9 C	<ul style="list-style-type: none"> • Maintaining a healthy daily diet is important for lifelong health. 	<ul style="list-style-type: none"> • What are some healthy foods that a person should eat on a daily basis? 	Student self-assessment Performance Assessment Task- Food and Drink Log. Reflection- personal diet analysis Group analysis- food label Vocabulary Quiz Written Test	Text- Glencoe Health, 2009 MyPlate.gov- interactive site
	Weight Management	Nutrition	10.1.9 C 10.2.9 B	<ul style="list-style-type: none"> • Healthy eating habits along with adequate physical 	<ul style="list-style-type: none"> • What are some healthy ways to 	Student self-assessment	Text- Glencoe Health, 2009

				activity will help a person maintain a healthy body weight.	manage body weight?	task- BMI, healthy weight range, calorie output Written Test	MyPlate.gov-interactive site DVD –eating disorders.
Week 13 5 days	Tobacco	Tobacco, Drugs, and Alcohol	10.2.9 B,C,D 10.4.9 C	<ul style="list-style-type: none"> All tobacco products contain chemicals that can cause serious health problems. 	<ul style="list-style-type: none"> What are some of the physical, emotional, and social health risks associated with tobacco use? 	Assessment Task- re-teaching activities linked to assigned readings DVD review Advertisement analysis Written Test	Text- Glencoe Health, 2009 Power Point DVD – Tobacco Kills Guest Speaker
Week 14 5 days	Alcohol	Tobacco, Drugs, and Alcohol	10.1.9 A, D 10.2.9 A, D 10.4.9 C	<ul style="list-style-type: none"> Alcohol use can increase physical, emotional, and social health risks. 	<ul style="list-style-type: none"> What are some of the physical, emotional, and social health risks associated with alcohol use? 	Assessment Task- re-teaching activities linked to assigned readings DVD review Advertisement analysis – group Written Test	Text- Glencoe Health, 2009 Power Point DVD – Teens Dying High
Week 15 5 days	Drugs	Tobacco, Drugs, and Alcohol	10.1.9 A, D 10.2.9 A, D 10.4.9 C	<ul style="list-style-type: none"> Drug use can increase physical, emotional, and social health risks. 	<ul style="list-style-type: none"> What are some of the physical, emotional, and social health risks associated with drug use? 	Assessment Task- re-teaching activities linked to assigned readings DVD review Written Test	Text- Glencoe Health, 2009 Guest Speaker DVD – Club Drugs
Week 16 5 days	Sexual Activity	Sexuality	10.1.9 A	<ul style="list-style-type: none"> Being sexually active increases the risk of unwanted pregnancies. Being sexually active increases the risk of contracting a sexually 	<ul style="list-style-type: none"> How can a person express their sexuality in ways that are both healthy and 	Assessment Task- Identifying STD's – group activity Written Quiz	Text- Glencoe Health, 2009 Power Point Additional reading on STD's.

				transmitted disease.	responsible?		
Week 17 5 days	Environmental Risks	Environmental Health	10.2.9 E	<ul style="list-style-type: none"> The interactions of people and the environment as a whole may have short – term and long – term health consequences. 	<ul style="list-style-type: none"> What are some of the leading environmental health risks? 	Assessment Task- Identifying the leading environmental health risks Oral Presentation	Text- Glencoe Health, 2009 Reading handouts Internet
Week 18 5 days	Safety Issues and Emergency Care	Personal Safety	10.3.9 A,B,D	<ul style="list-style-type: none"> Learning how to recognize, avoid, and respond to unsafe situations is important to maintaining personal safety. 	<ul style="list-style-type: none"> What are some of the leading personal safety risks for teens? What are some important steps to take in order to give aid to an accident victim? 	Student self-assessment Hands Only CPR	Text- Glencoe Health, 2009 Video clips internet

* Some teachers may need to think about the assessments and resources used in order to determine the Big Ideas, Enduring Understandings, and Essential Questions embedded in their courses. At this point in your curriculum mapping, you might want to ignore the “Common Assessments” and “Common Resources Used” columns. However, you may use them if you wish.