

## WARREN COUNTY SCHOOL DISTRICT

### PLANNED INSTRUCTION

#### **COURSE DESCRIPTION**

**Course Title:** Health 9

**Course Number:** 00626

**Course Prerequisites:** None

**Course Description:** Health 9 is a sequential continuation of the various aspects of health that provides a foundation for making educated health decisions consistent with Pennsylvania Health, Safety, and Physical Education standards. By becoming and remaining physically, mentally, socially, and emotionally healthy, students will favorably impact their lives and the lives of those around them. Health 9 will provide students with the knowledge and skills to achieve and maintain a physically active and healthful life. This course has a final exam.

**Suggested Grade Level:** Grade 9

**Length of Course:** One Semester

**Units of Credit:** .5

**PDE Certification and Staffing Policies and Guidelines (CSPG) Required Teacher Certifications:**

CSPG 47

To find the CSPG information, go to [CSPG](#)

**Certification verified by the WCSD Human Resources Department:** ☒ Yes ☐ No

#### **WCSD STUDENT DATA SYSTEM INFORMATION**

**Course Level:** Academic

**Mark Types:** Check all that apply.

☒ F – Final Average ☒ MP – Marking Period ☒ EXM – Final Exam

**GPA Type:** ☐ GPAEL-GPA Elementary ☐ GPAML-GPA for Middle Level ☒ NHS-National Honor Society

☒ UGPA-Non-Weighted Grade Point Average ☒ GPA-Weighted Grade Point Average

**State Course Code:** 08051

To find the State Course Code, go to [State Course Code](#), download the Excel file for SCED, click on SCED 6.0 tab, and choose the correct code that corresponds with the course.

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#### **TEXTBOOKS AND SUPPLEMENTAL MATERIALS**

##### **Board Approved Textbooks, Software, and Materials:**

**Title:** Glencoe Health Hardbound  
**Publisher:** McGraw Hill  
**ISBN #:** #978-0-02-140707  
**Copyright Date:** 2014  
**WCSD Board Approval Date:** April 9<sup>th</sup>, 2018

**Supplemental Materials:** CPR Manikins, AED Trainers

#### **Curriculum Document**

##### **WCSD Board Approval:**

**Date Finalized:** 6/3/2020  
**Date Approved:** 4/8/2019  
**Implementation Year:** 2020-2021

#### **SPECIAL EDUCATION, 504, and GIFTED REQUIREMENTS**

The teacher shall make appropriate modifications to instruction and assessment based on a student's Individual Education Plan (IEP), Chapter 15 Section 504 Plan (504), and/or Gifted Individual Education Plan (GIEP).

**SCOPE AND SEQUENCE OF CONTENT AND CONCEPTS**

**Marking Period 1 & 3**

Healthful Living

- Understanding Health and Wellness
- Taking Charge of your Health
- Nutrition & Physical Activity

Cardiovascular System

- Including Act 7 (Hands Only CPR/AED)

Mental Health

- Managing Stress
- Coping with Loss
- Mental and Emotional disorders

**Marking Period 2 & 4**

Relationships

- Skills for Healthy Relationships
- Family Relationships
- Peer Relationships
- Resolving Conflicts & Preventing Violence

Reproductive System

- Reproductive Health
- Life Cycle

Diseases

- Communicable
- Noncommunicable
- Sexually Transmitted

Substance Use & Abuse

- Tobacco
- Alcohol
- Drugs

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**Standards/Eligible Content and Skills**

<b>Performance Indicator</b>	<b>PA Core Standard and/or Eligible Content</b>	<b>Marking Period Taught</b>
Analyze the inter-relationship among emotional, social, physical, and mental health, skill improvement and physical activity preferences and participation, over a lifetime.	Concepts of Health 10.1.9	MP 1 & 3
Examine the factors that influence adolescent health information, practices, and consumer choices.	Concepts of Health 10.1.9	MP 1 & 3 MP 2 & 4
Select and implement personal health-enhancing behaviors that reduce health disparities and minimize risk factors throughout the lifespan	Healthful Living 10.2.9	MP 1 & 3 MP 2 & 4
Analyze how parental involvement and professional assistance can positively impact choices that result in the optimal interdependence of body systems.	Healthful Living 10.2.9	MP 1 & 3 MP 2 & 4
Examine how personal choices (such as the decision to use/not use drugs), life skills and media will affect optimal health throughout adulthood.	Concepts of Health 10.1.9	MP 1 & 3 MP 2 & 4
Describe how one's present choices are connected to their health throughout adulthood.	Healthful Living 10.2.9	MP 1 & 3 MP 2 & 4
Identify criteria one will use to determine if your health behaviors are responsible now and in the future.	Safety and Injury Prevention 10.3.9	MP 1 & 3 MP 2 & 4
Identify the outcomes of various safe and unsafe practices and what impact can the outcomes have on life and the lives of others.	Safety and Injury Prevention 10.3.9	MP 1 & 3 MP 2 & 4
Examine the influence parents and health professionals have on optimal health.	Concepts of Health 10.1.9 10.2.9	MP 1 & 3 MP 2 & 4
List health information resources that are available to improve the health and well-being of your family, community, and world.	Healthful Living 10.2.9	MP 1 & 3 MP 2 & 4
Critique how an individual's personal health impacts the community and how the community impacts an individual's health.	Healthful Living 10.2.9	MP 1 & 3 MP 2 & 4
Analyze and apply strategies for the management of injuries; hands only CPR and use of AED	Safety and Injury Prevention 10.3.9	MP 1 & 3
Assess safe and unsafe practices in the home, school, community and in physical activity settings and determine the associated personal and/or legal consequences and the impact on personal and community well-being.	Safety and Injury Prevention 10.3.9	MP 1 & 3 MP 2 & 4

## **ASSESSMENTS**

**PDE Academic Standards, Assessment Anchors, and Eligible Content:** The teacher must be knowledgeable of the PDE Academic Standards, Assessment Anchors, and Eligible Content and incorporate them regularly into planned instruction.

**Formative Assessments:** The teacher will utilize a variety of assessment methods to conduct in-process evaluations of student learning.

**Effective formative assessments for this course include:** Participation, Classwork, Homework, Project, and Skills Assessment

**Summative Assessments:** The teacher will utilize a variety of assessment methods to evaluate student learning at the end of an instructional task, lesson, and/or unit.

**Effective summative assessments for this course include:** Quizzes, Test, and Final Exam