



Health and Physical Education

Grade 9

(I) Introduced earlier

Physical Health	Through the study of:	Students will know and be able to:	Standard
Growth and Development	Body Systems	Describe the impact of behavior and environment on failure of body systems (nervous, muscular, skeletal, circulatory, respiratory, endocrine, and excretory systems)	1.11
	Life Cycle	Describe the growth patterns and body changes within human beings throughout the life cycle (from prenatal through late adulthood), including critical periods in growth and development	1.12
		Describe how both heredity (including congenital factors) and the environment influence growth and development	1.13
Physical Activity and Fitness	Motor Skill Development	Demonstrate developmentally appropriate competence (basic skills, strategies, and rules) in many and proficiency in a few movement forms and motor skills (team sports, aquatics, individual/dual sports, outdoor pursuits, self-defense, dance, and gymnastics)	2.17
		Demonstrate activities for warming up and cooling down before and after aerobic exercise	2.18
		Apply concepts about sequential motor learning and development, biomechanics, exercise physiology, and sports psychology	2.19
	Fitness	Demonstrate exercise in strength training, cardiovascular activities, and flexibility training	2.20

		Identify the components of physical fitness and the factors involved in planning and evaluating fitness programs for individuals at different stages of the life cycle	2.21
		Conduct a personally developed physical activity program	2.22
		Meet developmentally appropriate health-related fitness benchmarks	2.23
	Personal and Social Competency	Identify life-management skills and protective factors that contribute to achieving personal wellness health goals, including researching, evaluating, and implementing strategies to manage personal wellness, monitor progress, and revise plans	2.24
		Understand how activity participation patterns are likely to change throughout life and identify strategies to deal with those changes, including a plan for life-long wellness	2.25
		Apply safe practices, rules, procedures, and sportsmanship etiquette in physical activity settings, including how to anticipate potentially dangerous consequences and outcomes of participation in physical activity	2.26
		Define the functions of leadership on team sports (increasing motivation, efficiency, and satisfaction)	2.27

Nutrition	Improving Nutrition	Describe how food choices are influenced by availability, individual and family preferences, media, and background, and identify healthy foods within various social groups	3.14
		Explain the relationships among dietary intake (including nutritional supplements), eating behaviors, physical activity, and emotional health	3.15

		Describe the nutritional needs and outcomes associated with life stages (Prenatal through late adulthood)	3.16
	Safe and Adequate Food Supply	Identify the effects of food preparation techniques on the nutritional value of the food	3.17
		Identify and practice resource management skills needed to maintain and improve nutritional health	3.19

Reproduction/Sexuality	Development	Identify possible determinants of sexual orientation and analyze the weight of each in light of available research	4.14
	Wellness	Describe proper prenatal care and identify types of birth defects	4.16

Social and Emotional Health	Through the study of:	Students will know and be able to:	Standard
Mental Health	Feelings and Emotions	Analyze healthy ways to express emotions and to cope with feelings, including the common causes of stress, its effects on the body, and managing stress	5.11
		Identify the factors that help people to deal with grief	5.12
		Analyze research on health behaviors and brain chemistry and emotional functioning	5.13
		Describe the influence of gender on identity and self-concept	5.15
		Describe the signs of destructive behavior, and identify intervention strategies and kinds of professional intervention	5.16

	Decision Making	Identify ways in which decisions-making is influenced by sound character, family, and personal beliefs	5.18
		Explain positive techniques for handling difficult decisions	5.19

Family Life	Decision Making	Explain the functions, purposes, and significance of family from various historical periods, including modern times	6.9
		Identify the traits of a healthy family (such as responsibility, communication, trust, loyalty, respect, commitment, love, affirmation, and self-reliance) and explain the interdependence and independence of family members	6.10
	Parenting	Identify the child-rearing skills (including emotional maturity to nurture children and knowledge of child development stages) and the financial resources needed for parenting	6.12
		Evaluate various types of discipline parents might use with children of different ages	6.13
		Describe the consequences of teen parenting from the perspectives of the teen mother, teen father, and the parents of the teens	6.14
		Identify desirable character traits (such as love, respectfulness, generosity, kindness, and forgiveness) and describe the development of good character, including the role of parents and family in the moral development of children	6.15
		Describe considerations relevant to becoming a parent (including various ways of becoming a parent such as foster parenting, adoption, and step-parenting)	6.16
		Describe parental practices that encourage literacy in young children	6.17

Interpersonal Relationships	Communication	Identify techniques for handling anger and resolving conflicts in the family, friendships, and the workplace, including seeking help from professional and community organizations and faith-based groups	7.10
		Contrast the emotional impact on long-term relationships of positive communication (such as active listening, praise, and humor) with negative communication (such as teasing, name calling, bullying)	7.11
		Explain the importance of communication in setting limits in a sexual relationship	7.13
	Romantic Relationships	Explain the importance of responsibility and character traits such as love, respectfulness, generosity, kindness, and forgiveness, in committed relationships	7.16
		Describe commitment in casual and serious relationships	7.17

Safety and Prevention	Through the study of:	Students will know and be able to:	Standard
Disease Prevention and Control	Prevention	Identify positive health behaviors that reduce the risk of disease	8.14
	Signs, Causes, and Treatment	Describe the leading causes of death for different age groups, symptoms of common diseases among youth, the importance of early diagnosis, and the need for active involvement in the treatment and management of disease and chronic health problems	8.17
		Analyze the interaction between genetics and disease	8.18
	Health Maintenance	Explain the prevention and control of common communicable infestations, diseases, and infections	8.19

	Self Protection	Define harassment based on gender, race, national origin, sexual orientation, religion, or handicap	9.15
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Tobacco, Alcohol, & Substance Use/Abuse Prevention	Effects on the Body	Describe the harmful effects of tobacco, alcohol, and other substances on pregnant women and their unborn children	10.10
	Healthy Decisions	Demonstrate the ability to make informed decisions regarding the use of tobacco, alcohol, and other drugs	10.13
		Describe the influence of drug abuse on family members	10.14
		Apply promotion skills to encourage healthy behaviors (such as identifying and evaluating initiatives and opportunities for promotion, collecting and disseminating information, and modeling)	10.15

Violence Prevention	Awareness	Describe the relationship between negative stress and violence	11.12
		Identify the mental health and legal consequences of harassment (for example, gender, racial, handicap, sexual in nature, etc.)	11.13
	Contributing Factors	Identify those character traits that are connected with peaceful living in society, such as respectfulness, tolerance, honesty, self-discipline, kindness, and empathy	11.16
	Alternatives	Describe the responsibility of the family in teaching children non-violent attitudes and conduct	11.17
		Demonstrate skills for refusal, negotiation, and collaboration to avoid potentially harmful situations in personal, work, and community relationships	11.18

		Identify the health consequences of domestic violence, child abuse, rape, and other forms of violence and discuss strategies to deal with as well as prevent them	11.19
Personal and Community Health	Through the study of:	Students will know and be able to:	Standard
Consumer Health and Resource Management	Resource Management Practices	Apply planning and management skills to organize tasks and responsibilities	12.14
		Review the positive and negative influences of the media that impact on health	12.16
		Describe the individual's responsibility to be a wise and informed consumer, including how to plan a budget that includes a spending and savings plan	12.17
		Analyze decisions about making specific purchases and maintaining those products or services	12.18
Community and Public Health	Social Factors	Identify the origins and accuracy of facts in social messages that promote healthy and unhealthy behaviors	14.5 (I)