

9th Grade NSHS

Personal Health (9)

Overall Unit Goal: *Students will understand that wellness is maintained through a healthy lifestyle which includes appropriate physical activity.*

P9-1-1	Analyze how behavior can impact health maintenance and disease prevention. (E.g.- interpretation of data relating to prevalence of physical activity among youth, frequency, duration and intensity (FITT Principal) and their relationship to conditioning)
P9-1-2	Explain the interrelationships of mental, emotional, social and physical health throughout young adulthood. (E.g.- benefits from physical activity, tailoring exercise to individual needs)
P9-4-1	Analyze the role of individual responsibility for enhancing health. (E.g.- choices and consequences, tailoring physical activity to individual needs)
P9-4-2	Analyze the effects of poor nutrition, alcohol and substance use and abuse can have on personal health and physical fitness.
P9-6-1	Evaluate personal health behaviors to determine strategies for health enhancement and risk reduction. (E.g.- appraising personal health behaviors, selecting activities and exercise according to potential fitness benefits)
P9-6-2	Predict immediate and long-term impact of lifestyle decisions on the individual, family and community.

Family Life & Sexuality (9)

Overall Unit Goals: *Students will gain an understanding of those elements inherent in healthy sexual development and maturation including: family communication, relationships, sexual identity, human sexual response cycle, and sexual decision making.*

F9-1-1	Identify the qualities that are most important to them in a dating relationship.
F9-1-2	Identify actions that are caring, supportive and contribute to healthy relationships.
F9-1-3	Identify harmful dating behaviors.
F9-1-4	Identify physical and emotional abuse in dating relationships.
F9-5-1	Apply refusal, negotiation, and collaboration skills needed to avoid potentially harmful situations, ending relationships and threats of suicide.
F9-5-3	Describe how they want to be treated and how they want to treat dating partners.