

## 9th Grade Health Curriculum

Timeline	Glencoe Health Book	Maryland State Health Standards	Resources
Week 1	<u>Unit 1 - Healthy Foundation</u> Chapter 1 -Understanding Health and Wellness Chapter 2 -Taking Charge of Your Health	3.A.1    2.G.1 3.B.1    1.D.1	
Week 2	<u>Unit 2 - Mental and Emotional Health</u> Chapter 3 -Achieving Mental and Emotional Health Chapter 4 -Managing Stress and Coping with Loss Chapter 5 -Mental and Emotional Problems	1.A.1    1.A.D 1.F.1    1.G.1 1.J.1	
Weeks 3/4	<u>Unit 3 - Healthy and Safe Relationships</u> Chapter 6 -Skills for Healthy Relationships Chapter 7 -Family Relationships Chapter 8 -Peer Relationships Chapter 9 -Resolving Conflicts and Preventing Violence	3.A.1    1.D.1 1.A.1    2.H.1.e 5.C.1.e    4.E.1.c 4.J.1.d	
Weeks 5/6/7	<u>Unit 4 - Nutrition and Physical Activity</u> Chapter 10 -Nutrition for Health Chapter 11 -Managing Weight and Eating Behaviors Chapter 12 -Physical Activity and Fitness	3.A.1    1.A.1 2.I.1    3.B.1.b 6.E    6.G 2.H.1.e    5.C.1.e 4.E.1.c    4.J.1.d	Fitness Testing Amy Ritchie, RD GCHD  School Nurse NH/SH
Weeks 8/9/10	<u>Unit 5 - Personal Care and Body Systems</u> Chapter 13 -Personal Health Care Chapter 14 -Skeletal, Muscular, and Nervous Systems Chapter 15 -Cardiovascular, Respiratory, and Digestive Systems Chapter 16 - Endocrine and Reproductive Health	3.A.1    3.D.1 6.E.3    1.J.1.d 2.A.1.c    2.I.1.a-b 4.C.1.c    5.A.1.a 5.C.2    5.D.1 7.E.1.f    2.H.1.e 5.C.1.e    4.E.1.c 4.J.1.d	Financial Impact of Teen Pregnancy - Don Davis, Esq  Methods of Contraception Caroline Evans, RN/GCHD
Week 11	<u>Unit 6 - Growth and Development</u>	4.C.1    3.D.1.a	

	Chapter 17 -The Beginning of the Life Cycle Chapter 18 -The Life Cycle Continues	3.D.1.c	
Weeks 12/13/14	<u>Unit 7 - Drugs</u> Chapter 19 -Medicines and Drugs Chapter 20 -Tobacco Chapter 21 -Alcohol Chapter 22 -Illegal Drugs	2.A.1    2.G.1 2.H.1    2.I.1	Marijuana Prevention Brenda Sisler-GCHD  Opioid Prevention Sadie Liller -GCHD  Tobacco Prevention Kendra McLaughlin  Alcohol Prevention Brenda Sisler -GCHD
Weeks 15/16	<u>Unit 8 - Diseases and Disorders</u> Chapter 23 -Communicable Diseases Chapter 24 - Sexually Transmitted Diseases and HIV / AIDS Chapter 25 -Noncommunicable Diseases and Disabilities	7.A.1    7.C.1 7.E.1	STI's Cindy Mankamy, RN -GCHD
Weeks 17/18	<u>Unit 9 - Safety and Environmental Health</u> Chapter 26 -Safety and Injury Prevention Chapter 27 -First Aid and Emergencies Chapter 28 -Community and Environmental Health	1.D.1    3.A.1 3.B.1    3.D.1 5.A.1    7.E.1	School Trainers NH/SH School Nurses NH/SH
<i>**Date TBA.....Hands only CPR and AED training will be taught during this semester**</i>			
(TBA)	Review / Final		