

## 9th Grade Health Pacing Guide Whiteville City Schools

Quarter 1						
Estimated Teaching Time	Content Focus	Focus Standards	Academic Vocabulary	Essential Questions	Resources	Literacy Connections
Two Days	Mental & Emotional Health	9.MEH.1.1 9.MEH.1.2 9.MEH.2.1 9.MEH.2.2	Decision making, consequential decisions, goal setting, mental and emotional, stress	1.How does stress management strategies differ based on personal experience? 2.What are good coping mechanisms to deal with the effects of stress? 3.What are some effective methods to deal with anxiety? 4.What are the signs and symptoms of self harm?	TeenHealth book pg. 86  Unpacking 9.1	RI.9.1. Summarizing text  RI.9.2. Journaling and planning
Three Days	Personal and Consumer Health	9.PCH.1.1 9.PCH.1.2 9.PCH.1.3	Communicable disease, chronic disease,	1.What are the risk factors associated with	Unpacking 9.1.1	W.9.2 Journaling on goal-setting

		9.PCH.1.4 9.PCH.1.5 9.PCH.1.6 9.PCH.1.7	degenerative, infectious, progressive, pathogen, transmission	leading and premature causes of death? 2.What are the behavioral and environmental factors that contribute to major chronic disease? 3.How does health appraisal data help to assess personal risks for preventable disease?	TeenHealth Pg. 419	RI.9.1. Summarizing text
Two Days	Personal and Consumer Health	9.PCH.2.1 9.PCH.2.2 9.PCH.3.1 9.PCH.3.2	Communicable disease, chronic disease, degenerative, infectious, progressive, pathogen, transmission	1.What medical information helps to determine reliability, unreliability, accuracy, and significance? 2.What are the effects of popular fads on health? 3.What are potential health consequences of global and environmental	TeenHealth pg. 443  9.PCH.1	RI.9.2  R.I.9.2 Summarizing text

				problems?		
Two Days	Nutrition and Physical Activity	9.NPA.1.1 9.NPA.1.2 9.NPA.1.3 9.NPA.2.1 9.NPA.2.2 9.NPA.2.3	Overweight, underweight, Body weight index, energy equation	1.What is BMI and what does it measure? 2.What is the benefit of consuming adequate amounts of vitamins A, E, and C, magnesium, calcium, iron, fiber, folic acid, and water? 3.How can we use the Dietary Guidelines to create a meal plan?	TeenHealth pg.204  Unpacking 9.NPA.2 9.NPA.3	RI.9.6 Author's point of view  R.I.9.2 Summarizing text & goal setting
Two Days	Nutrition and Physical Activity	9.NPA.3.1 9.NPA.3.2 9.NPA.3.3 9.NPA.4.1 9.NPA.4.2 9.NPA.4.3	Proteins, vegetables, appetite, hunger, nutrient dense, fats, food labels	1.What are strategies to help create a meal plan with attention to caloric intake and expenditure? 2.How can you incorporate food choices inside and outside the home setting? 3.What	MyPlate.gov TeenHealth pg. 182 9.NPA.1	RI.9.7 Different media to drive concept of nutrition  R.I.9.2 Summarizing text

				<p>strategies can be used to advocate for those who are at risk for eating disorders?</p> <p>4. What are some signs of an eating disorder?</p>		
Three Days	Analysis of Alcohol, Tobacco, and Other Drugs	9.ATOD.1.1 9.ATOD.1.2 9.ATOD.1.3 9.ATOD.1.4 9.ATOD.1.5 9.ATOD.1.6 9.ATOD.2.1 9.ATOD.2.2	Alcohol, drug, depressant, inhibitions, binge drinking, minor, vaping	<p>1.What are the policies and laws related to the sale and use of tobacco products?</p> <p>2.What are the potential effects of anti-tobacco messages on the use of tobacco?</p> <p>3.What is the impact of alcohol and other drugs on vehicle crashes?</p>	<p>Find a video on drunk driving risks</p> <p>TeenHealth pg. 348</p> <p>9.ATOD.2 9.ATOD.3</p>	<p>RI.9.2 Reading comprehension in TeenHealth book</p> <p>RI.9.1 Compare and contrast the effects of alcohol on the brain</p> <p>R.I.9.2 Summarizing text</p>
One Week	Interpersonal Communication and Relationships	9.ICR.1.1 9.ICR.1.2 9.ICR.1.3 9.ICR.1.4 9.ICR.1.5 9.ICR.2.1	Health Department	Health Department	Health Department	Health Department

		9.ICR.2.2 9.ICR.3.1 9.ICR.3.2 9.ICR.3.3 9.ICR.3.4 9.ICR.3.5				
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## **Days in Health**

### Week 1

- **Mental and Emotional Health**
  - 9.MEH.1.1
  - 9.MEH.1.2
  - 9.MEH.2.1
  - 9.MEH.2.2
- **Personal and Consumer Health**
  - 9.PCH.1.1
  - 9.PCH.1.2
  - 9.PCH.1.3

### Week 2

- **Personal and Consumer Health**
  - 9.PCH.1.4
  - 9.PCH.1.5
  - 9.PCH.1.6
  - 9.PCH.1.7
  - 9.PCH.2.1
  - 9.PCH.2.2
  - 9.PCH.3.1
  - 9.PCH.3.2

### Week 3

- **Nutrition and Physical Activity**
  - 9.NPA.1.1
  - 9.NPA.1.2
  - 9.NPA.1.3

- 9.NPA.2.1
- 9.NPA.2.2
- 9.NPA.2.3
- 9.NPA.3.1
- 9.NPA.3.2
- 9.NPA.3.3
- 9.NPA.4.1
- 9.NPA.4.2
- 9.NPA.4.3

#### Week 4

- Alcohol, Tobacco and Other Drugs
  - 9.ATOD.1.1
  - 9.ATOD.1.2
  - 9.ATOD.1.3
  - 9.ATOD.1.4
  - 9.ATOD.1.5
  - 9.ATOD.1.6
  - 9.ATOD.2.1
  - 9.ATOD.2.2

#### Week 5

- Interpersonal Communication and Relationships
  - 9.ICR.1.1
  - 9.ICR.1.2
  - 9.ICR.1.3
  - 9.ICR.1.4
  - 9.ICR.1.5
  - 9.ICR.2.1
  - 9.ICR.2.2
  - 9.ICR.3.1
  - 9.ICR.3.2
  - 9.ICR.3.3
  - 9.ICR.3.4
  - 9.ICR.3.5