

**RIDGECROFT SCHOOL
HEALTHFUL LIVING/PHYSICAL EDUCATION
GRADE 9**

PACING GUIDE

| TOPICS/CONCEPTS | TIME | OBJECTIVES | RESOURCES: Health, (Glencoe, 2004) |
|--|--------------------|-------------------|---|
| FIRST GRADING PERIOD | 30 DAYS | | |
| Living a Healthy Life | 6 | | Chapter 1 |
| Building Health Skills and Character | 6 | | Chapter 2 |
| Being a Health-Literate Consumer | 6 | | Chapter 3 |
| Physical Activity for Life | 6 | | Chapter 4 |
| Nutrition and Your Health | 6 | | Chapter 5 |
| SECOND GRADING PERIOD | 30 DAYS | | |
| Managing Weight and Body Composition | 6 | | Chapter 6 |
| Achieving Good Mental Health | 6 | | Chapter 7 |
| Managing Stress and Anxiety | 6 | | Chapter 8 |
| Mental and Emotional Problems | 6 | | Chapter 9 |
| Skills for Health Relationships | 6 | | Chapter 10 |
| THIRD GRADING PERIOD | 30 DAYS | | |
| Family Relationships | 6 | | Chapter 11 |
| Peer Relationships | 6 | | Chapter 12 |
| Violence Prevention | 6 | | Chapter 13 |
| Personal Care and Healthy Behaviors | 6 | | Chapter 14 |
| Skeletal, Muscular, and Nervous Systems | 6 | | Chapter 15 |
| FOURTH GRADING PERIOD | 30 DAYS | | |
| Cardiovascular and Respiratory Systems | 6 | | Chapter 16 |
| Digestive and Urinary Systems | 6 | | Chapter 17 |
| Endocrine and Reproductive Systems | 6 | | Chapter 18 |
| Prenatal Development and Birth | 6 | | Chapter 19 |
| Adolescence and the Life Cycle | 6 | | Chapter 20 |
| FIFTH GRADING PERIOD | 30 DAYS | | |
| Tobacco | 6 | | Chapter 21 |
| Alcohol | 6 | | Chapter 22 |
| Medicines and Drugs | 6 | | Chapter 23 |
| Communicable Diseases | 6 | | Chapter 24 |
| Sexually Transmitted Infections and HIV/AIDS | 6 | | Chapter 25 |
| SIXTH GRADING PERIOD | 30 DAYS | | |
| Noncommunicable diseases and Disabilities | 7 | | Chapter 26 |
| Injury Prevention and Safe Behaviors | 8 | | Chapter 27 |
| First Aid and Emergencies | 7 | | Chapter 28 |
| Environmental Health | 8 | | Chapter 29 |

NC STANDARD COURSE OF STUDY – GRADE 9 FOCUS AREAS

NINTH GRADE

- Mental disorders
- Organ donation
- Healthy relationships
- Importance of rest and sleep
- Media literacy
- Conflict resolution, negotiation, and collaboration skills
- Evaluation of popular weight loss plans
- Personal weight management (healthy eating and physical activity) planning
- Technology to research personal wellness
- Importance of vigorous physical activity for 60 minutes throughout the entire day
- Biomechanical, psychological, and physiological concepts.

8/1/06