

10.1. Concepts of Health		
10.1.9. GRADE 9		
<i>Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</i>		
By Grade 9	HPW: Primary Source	HPW Secondary Source
<p>A. Analyze factors that impact growth and development between adolescence and adulthood.</p> <ul style="list-style-type: none"> relationships (e.g., dating, friendships, peer pressure) interpersonal communication risk factors (e.g., physical inactivity, substance abuse, intentional/unintentional injuries, dietary patterns) abstinence STD and HIV prevention community 	<p>Grade 7: TE 19-23, 39-51, 94-100, 105-107, 110-114, 130-136, 157-159, 163-164, 184-191, 255-259, 262-267, 271-275 SA 4-8, 21,22, 24, 25, 28, 34, 43, 48-50, 65-69, 71, 72 EA 6, 7, 8, 9, 13, 20, 23, 24, 30, 40 HF Act 1-4 TR 4 Good vs. Bad Friendships 5-7 Communication Builders 9 Common Reactions to Stress 19-20 Influences on Drug Use 26-28 Functions of Nutrients 30 Food Labels 47 Maintaining a Healthy Sexual Identity 47 Actual Causes of Death SRCD Tips for Teens: Tobacco, Alcohol, Inhalants; Food Labels; How Much Are You Eating?; Common Illnesses and Symptoms; Frequently Asked Questions About HIV/AIDS</p> <p>Grade 8: TE 17-20, 25-36, 41-48, 89-91, 123-126, 162-173, 177-180, 185-193, 220-224, 228-234, 240-243, 247-263 SA 5-7, 9-12, 13-18, 30,42, 61-69, 72-78, 85, 86, 89, 90, 92-100 EA 2, 3, 4, 7, 8, 21, 22, 29, 31 TR 3-5 Stress 25-26 Major Nutrients 37 Tobacco Myths 38-39 Alcohol Abuse 45 Reasons for Remaining Sexually Abstinent 47 Leading Causes of Death 48 Risk Factors for Cancer SRCD Tips for Teens: Tobacco, Alcohol, Inhalants; Food Labels; How Much Are You Eating?; Common Illnesses and Symptoms; Frequently Asked Questions About HIV/AIDS</p>	<p>Grade 7: V Bad Friendships: Doing More Harm than Good V Food, Health & Exercise CD Violence Prevention; Life Begins; Communicable and Non-Communicable Diseases</p> <p>Grade 8: V The Truth About Drinking V Dangers of Enhancing Drugs V Abstinence: It’s the Right Choice</p>
<p>B. Analyze the interdependence existing among the body systems.</p>	<p>Grade 7: TE 224-260 SA 57-60, 62, 63, 64, 65, 66 EA 36, 37 TR 40 Structures of the Digestive System TR 41 Digestive System Process TR 43-45 Reproductive System</p> <p>Grade8: TE 209-219 SA 80, 81, 82, 83, 84 EA 26 TR 42-43 The Reproductive System 30 Are You Normal? 44 Getting Sufficient Sleep</p>	<p>Grade 7: CD Fun Facts: Body Systems; Life Begins B The Human Body</p> <p>Grade 8: CD Life Begins</p>

<p>C. Analyze factors that impact nutritional choices of adolescents.</p> <ul style="list-style-type: none"> • body image • advertising • dietary guidelines • eating disorders • peer influence • athletic goals 	<p>Grade 7: TE 199-200, 214-218 TR 34 Marketing Strategies TR 39 Media Myths</p> <p>Grade 8: TE 122-123, 126-131, 146-151 HF Nutrition & Fitness: Acts 1, 5, 6 EA 16-18, 48, 49, 50-53 TR 22 Dietary Guidelines 23 MyPyramid 31 Media Myths 32 Striving to Be Thin 33 Unique and Beautiful 34 Eating Disorders SRCD Nutritional Values Chart, Food Labels</p>	
<p>D. Analyze prevention and intervention strategies in relation to adolescent and adult drug use.</p> <ul style="list-style-type: none"> • decision-making/refusal skills • situation avoidance • goal setting • professional assistance (e.g., medical, counseling, support groups) 	<p>Grade 7: TE 154-155, 160-161, 165, 170-177 SA 46 EA 25, 26, 27 TR 24 Skills for Refusing Drugs 25 Rights and Responsibilities</p> <p>Grade 8: TE 165-167, 174-175, 181-183, 198-205 SA 61, 62, 63, 67, 70, 79 EA 22, 23, 24, 25 TR 40 Effective Strategies for Resisting Drugs 41 I Can Do</p>	<p>Grade7: V What Can I Do When I Feel Bad?</p> <p>Grade 8: CD Fun Facts: Drugs Prevention G Decision Making Game: Drug Prevention Scenario Cards</p>
<p>E. Analyze how personal choice, disease and genetics can impact health maintenance and disease prevention.</p>	<p>Grade 7: TE 4-15 EA 1, 2, 3 TR 1 Total Wellness Continuum</p> <p>Grade 8: TE 5-9, 60-62, 121-122, 126-131, 225-226, 262-264 SA 1, 87, 88, 101 EA 1, 9, 16 TR 1 Wellness Continuum HF Nutrition & Fitness: Act 1</p>	<p>Grade 7: CD Fun Facts: Body Systems</p>

10.2. Healthful Living		
10.2.9. GRADE 9		
<i>Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</i>		
By Grade 9	HPW: Primary Source	HPW Secondary Source
A. Identify and describe health care products and services that impact adolescent health practices.	<p>Grade 7: TE 26-29, 147 , 247, 268-269 SA 36, 37, 70 EA 11, 12, 39</p> <p>Grade 8: TE 84, 58-59, 148, 165-167,157, 219, 244-245 SA 29, 51, 5793 EA 30 TR Warning Signs of Depression SRCD An Ounce of Prevention; Let’s Talk About Depression</p>	
B. Analyze the relationship between health-related information and adolescent consumer choices. <ul style="list-style-type: none"> tobacco products weight control products 	<p>Grade 7: TE 139-147, 149-153, 192-202 SA 35, 36, 37, 38, 39, 40, 41, 51, 52, 53, 54 TR 21 Drug Classifications TR 22 Consumer Skills TR 33 Empty vs. Nutritional Calories TR 34 Marketing Strategies PC Nutrition and Fitness</p> <p>Grade 8: TE 148-149, 152-160, 166 SA 51, 54 - 59, 60, 62, 63 TR 35 Consumer Purchasing Skills SRCD Tips for Healthy Thrifty Meals Nutritional Food Values Chart</p>	<p>Grade 7: P Nutritional Vision Chart Drug Classification</p>
C. Analyze media health and safety messages and describe their impact on personal health and safety.	<p>Grade 7: TE 108-109, 153-154, 159, 171-172 SA 26, 27 EA 24 TR 16 How Violence is Portrayed in the Media; Influences on Drug Use</p> <p>Grade 8: TE 69-71, 95-96, 147-148, 223, 181 SA 23, 24, 25, 49, 50, 65, 70, 86 PC Violence Prevention</p>	<p>Grade 8: G Decision Making Game P Nutrition Vision Chart</p>
D. Analyze and apply a decision-making process to adolescent health and safety issues.	<p>Grade 7: TE 83-84, 257-259 SA 10, 11, 12 TR 10 The Decision Making Process SRCD Teen Dating Violence</p> <p>Grade 8: TE 55-56, 143-144, 199-202 SA 20, 47, 48 EA 23 HF Act 4 TR 26 Nutrition Facts Label 40 Effective Strategies for Resisting Drugs</p>	<p>Grade 8: G Decision Making Game P Nutrition Vision Chart</p>
E. Explain the interrelationship between the environment and personal health. <ul style="list-style-type: none"> ozone layer/skin cancer availability of health care/ individual health air pollution/respiratory disease 	<p>Grade 7: TE 61-64 EA 17 SA 10, 11, 12</p>	
10.3. Safety and Injury Prevention		

10.3.9. GRADE 9		
<i>Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</i>		
By Grade 9	HPW Primary Source	HPW Secondary Source
A. Analyze the role of individual responsibility for safe practices and injury prevention in the home, school and community. <ul style="list-style-type: none"> modes of transportation (e.g., pedestrian, bicycle, vehicular, passenger, farm vehicle, all-terrain vehicle) violence prevention in school self-protection in the home self-protection in public places 	Grade 7: TE 66-71, 116-123 SA 13, 14, 15, 29, 30, 31, 32 TR 17 Preventing Handgun Violence TR 18 Abduction Prevention Tips SRCD Teen Dating Violence Grade 8: TE 83-87, 91-94, 99-103 SA 29, 31, 32, 33, 34, 35, 36 EA 12, 13 TR 14 Managing Stress 15 Preventing Handgun Violence 16 Water Safety	
B. Describe and apply strategies for emergency and long-term management of injuries. <ul style="list-style-type: none"> rescue breathing water rescue self-care sport injuries 	Grade 7: TE 124-128 SA 33 EA 21 SRCD Disaster Supply Kit Grade 8: TE 104-117 SA 37, 38, 39, 40, 41 EA 14, 15 TR 17 Shock 18 Managing Shock 19 Bleeding Injuries 20-21 Burns	Grade 7: V American Red Cross Emergency Test Grade 8 CD Injury Prevention and Safety
C. Analyze and apply strategies to avoid or manage conflict and violence during adolescence. <ul style="list-style-type: none"> effective negotiation assertive behavior 	Grade 7: TE 52-54, 85-93 SA 9, 19, 20 HF 4Act 4, 5, 6 TR 11 Dealing With Conflict TR 12 Steps to resolving Conflict Grade 8: TE 64-68, 73-76, 79-82 SA 21, 22, 26, 27, 28 EA 11 TR 8 Violence Among Youth TR 9 Resolving Conflict 10 Strategies for Preventing Violence 11-12 Giving/Receiving Constructive Criticism	Grade7: G Assertiveness Training Game; Conflict Resolution Board Game P Methods of Communication CD Violence Prevention Grade 8: V Conflicts, Communication, Relationships
D. Analyze the role of individual responsibility for safety during organized group activities.	**See PE Curriculum**	
10.4. Physical Activity ** Please Refer to Your PE Curriculum** 10.4.9. GRADE 9		

<i>Pennsylvania's public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</i>		
By Grade 9	HPW Primary Source	HPW Secondary Source
A. Analyze and engage in physical activities that are developmentally/individually appropriate and support achievement of personal fitness and activity goals.	Grade 7: TE 18, 201-202, 221-222 EA 5, 33, 34, 35 PC Nutrition & Fitness Grade 8: TE 139-140 SA 46 HF Act 3	
B. Analyze the effects of regular participation in moderate to vigorous physical activities in relation to adolescent health improvement. <ul style="list-style-type: none"> stress management disease prevention weight management 	Grade 7: TE 204-207 SA 55 TR 35 Benefits of Exercise TR 36 F.I.T. Grade 8: TE 133-134 EA 19 SA 44 TR 27 Benefits of Exercise	
C. Analyze factors that affect the responses of body systems during moderate to vigorous physical activities. <ul style="list-style-type: none"> exercise (e.g., climate, altitude, location, temperature) healthy fitness zone 	Grade 7: TE 208-212 SA 56 EA 32 TR 37 Components of Fitness TR 38 Exercise Precautions Grade 8: TE 135-138 EA 46 TR 28 Components of Fitness 29 Exercise Precautions	
D. Analyze factors that affect physical activity preferences of adolescents. <ul style="list-style-type: none"> skill competence social benefits 	Grade 7: TE 17 SA 4 TR 1 Total Wellness Continuum	
E. Analyze factors that impact on the relationship between regular participation in physical activity and motor skill improvement. <ul style="list-style-type: none"> personal choice developmental diff 	**See PE Curriculum**	
F. Analyze the effects of positive and negative interactions of adolescent group members in physical activities. <ul style="list-style-type: none"> group dynamics social pressure 	**See PE Curriculum**	
10.5. Concepts, Principles and Strategies of Movement ** Please Refer to Your PE Curriculum**		