



9th Grade Curriculum – Scope and Sequence

Unit	Unit Focus	Health Education Standards and Outcomes	
		Core Concept <i>What students will learn...</i>	Health Skills <i>What students will be able to do...</i>
ATOD	Effects of drugs on the body, and resisting pressures and outside influences	<p>CC: AOD1.12.4 Describe the harmful effects and legal issues related to using performance enhancing drugs.</p> <p>CC: AOD1.12.6 Summarize the harmful short and long term physical, psychological, and social effects of using alcohol and other drugs</p> <p>CC: AOD1.12.16 Analyze the relationship of alcohol and other drug use to the major causes of death and disease in the United State</p>	<p>DM: AOD 5.12.1 Examine barriers to making a decision to be alcohol and other drug free</p> <p>DM: AOD 5.12.2 Determine the value of applying thoughtful decision making related to alcohol and other drugs</p> <p>IC: AOD 4.12.4 Demonstrate effective peer resistance, negotiation, and collaborative skills to avoid alcohol and other drug use</p> <p>INF: AOD 2.12.8 Analyze the effect of media and technology on personal family and community behaviors related to alcohol and other drug use</p>
Healthy Eating and Physical Activity	Establishing a well-balanced healthy lifestyle physically	<p>CC: PA .12.8 Summarize physical activities that contribute to maintain or improving components of health related fitness.</p> <p>CC: PA 1.12.7 Evaluate the short-term and long-term benefits of physical activity including improving cardiovascular health, strength, endurance, and flexibility; healthy weight management and reducing chronic disease.</p>	<p>GS: HE 6.12.2 Set a realistic personal goal to be physically active.</p> <p>GS: HE6.12.7 Formulate an effective long-term personal health plan to achieve a personal goal to be physically active.</p> <p>GS: HE6.12.4 Develop a plan to attain a personal goal of being physically active.</p>
Healthy Relationships <i>(Be Proud! Be Responsible! Curriculum)</i> <i>*Standards are aligned with CT State Sexual Standards*</i>	Good decision making in regards to sexual health, STD's, refusal skills and safety	<p>*CC Analyze and evaluate the impact that self- esteem and self- respect have on decision making regarding sexual behaviors.</p> <p>*CC Describe situations in which someone might choose to abstain from sexual activity after already engaging in the behavior, and assess the barriers that might be encountered in implementing this.</p>	<p>*SM Analyze and evaluate strategies that individuals could use to abstain or delay sexual intercourse.</p> <p>*SM Evaluate the importance of personal responsibility as it pertains to sexual behavior, abstinence, sexual and reproductive health.</p> <p>*INF Examine personal values and how they influence relationships and sexual decision making.</p> <p>*INF Analyze ways in which technology can impact physical and emotional safety.</p> <p>*IC Analyze and evaluate effective negotiation and refusal skills for avoiding higher risk sexual behaviors.</p> <p>*DM: Analyze the impact that external influences (e.g. partners, peers, family, and community) have on decision making about abstinence, sexual activity and sexual health.</p>
Mental Health and	Understanding technology's	CC: MEH 1.12.10 Analyzing how sharing or posting information electronically about self or others on social media sites (e.g., chat groups, e-mail, texting, websites, phone and	INF: V 2.12.8 Analyze the effect of media and technology on personal family and community mental and emotional health.



East
Hartford
Public
Schools

ALL IN

East Hartford
Department of Health & Physical Education

<p>Violence Prevention</p>	<p>influence on your mental health</p>	<p>tablet applications) can negatively impact mental and emotional health</p>	<p>DM: MEH 5.12.4 Analyze how family, culture, media, peers, and personal beliefs affect a mental or emotional health-related decision (e.g., dealing with interpersonal conflict, managing emotional stress) IC MEH 4.12.2 Demonstrate how to manage personal information in electronic communications and when using social media (e.g., chat groups, e-mail, texting, websites, phone and tablet applications) to prevent interpersonal conflict</p>
<p>Safety and Personal Wellness</p>	<p>Expand knowledge on overall wellness in order to improve personal health</p>	<p>CC: PHW 1.12.9 Analyze the behavioral and environmental factors that contribute to the major chronic diseases</p>	<p>INF: W2.12.4 Analyze how personal attitudes, values, and beliefs influence healthy and unhealthy personal health and wellness-related behaviors. INF: PHW2.12.9 Differentiate the relevant influences, including family, culture, peers, school, community, media, technology and public health policies, on personal health and wellness-related practices and behaviors</p>