

Curriculum Guide for 9th Grade Health

Unit 1: Protecting Your Temple

7 weeks

H9.1, H9.2, H9.3, H9.4

Objectives	Methods	Resources	Assessment
<p>The students will</p> <ul style="list-style-type: none"> • Understand the balance among all the components of health • Understand how their bodies function and to begin to perceive how to take care of them • Realize the importance of having a Christ-like nature and mindset in order to have good mental and emotional health • Identify practical ways for building better relationships with others • Learn proper nutrition, good eating habits, and wise food choices • Understand exercise to be a tool to enhance physical health so that they will be better fit servants for their Savior 	<ul style="list-style-type: none"> • Lecture • Class discussion • Group and individual reading • Health definition survey taken by students • Team work contest to demonstrate how body systems work together • Muscle movement activity • Video: “red River of Life” • Worksheet • “Friendly Blitz” project • Food Festival • Hands-on activity: Counting pulse and finding target heart rates • Game: “Show Me The Bling-Bling” • Menu Planning Project 	<ul style="list-style-type: none"> • Textbook: Health for Christian Schools, Bob Jones University Press, p. 3-159 • Test Bank, Health for Christian Schools, Bob Jones University Press • Bibles • Internet articles • Video: Red River of Life • Teacher made worksheets • Worksheets from Blackline Masters for use with Health for Christian Schools • Video: Beauty and the Beast • Set of hand weights • Stopwatch • Fake money • School kitchen • Paper plates colored markers and pencils 	<ul style="list-style-type: none"> • Responses to questions on worksheets • Teacher made tests • Homework assignment – Health definition survey • Participation in Food Festival • Menu planning project

Unit 2: Defending Your Temple

8 weeks

H9.5, H9.6, H9.7, H9.8

Objectives	Methods	Resources	Assessment
<p>The students will</p> <ul style="list-style-type: none">• Understand how to prevent accidents and respond to emergencies• Apply basic first aid techniques and demonstrate how to be of service in emergency situations• Develop an understanding of basic diseases and disease prevention• Realize the importance of an ways to practice personal hygiene• Recognize the dangers of drugs, alcohol, and tobacco• Discern the problems involved in drug misuse and drug abuse• Realize the Christ offers a full and complete life on earth as well as eternal life after death	<ul style="list-style-type: none">• Lecture• Discussion• Group and individual readings• Video on emergency procedures video on first aid• Worksheets• Walk about activity using first aid techniques• Injury charades• Manicures• Making human silouettes for each major category of drugs• Game: Win, Lose, or Draw	<ul style="list-style-type: none">• Textbook, p. 162-397• Test bank• Bibles• Internet articles• Video: Responding to Emergencies, American Red Cross• Video: Dr. Heimlich Reviews First Aid• Worksheets from Blackline Masters• Teacher made worksheets• Hygiene product advertisements• Manicure sets• Newsprint paper• Colored markers• Construction paper• Basic first aid items	<ul style="list-style-type: none">• Responses to questions on worksheets• Teacher made tests• Homework – Fire escape plan• Project: Rapid Response Poster• Essay – “All Glory to God”