

By the end of Grade 9

Adopted 2002

Concepts of Health

A. Stages of Growth and Development

- A. Analyze factors that impact growth and development between adolescence and adulthood.
 - 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
- 10.1.9.A
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B. Interaction of Body Systems

- B. Analyze the interdependence existing among the body systems. 10.1.9.B
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C. Nutrition

- C. Analyze factors that impact nutritional choices of adolescents.
 - body image
 - advertising
 - dietary guidelines
 - eating disorders
 - peer influence
 - athletic goals
- 10.1.9.C
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D. Alcohol, Tobacco and Chemical Substances

- D. Analyze prevention and intervention strategies in relation to adolescent and adult drug use.
 - decision-making/refusal skills
 - situation avoidance
 - goal setting
 - professional assistance (e.g., medical, counseling, support groups)
 - parent involvement
- 10.1.9.D
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E. Health Problems and Disease Prevention

- E. Analyze how personal choice, disease and genetics can impact health maintenance and disease prevention. 10.1.9.E
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Healthful Living

A. Health Practices, Products and Services

- A. Identify and describe health care products and services that impact adolescent health practices. 10.2.9.A
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B. Health Information and Consumer Choices

- B. Analyze the relationship between health-related information and adolescent consumer choices.
 - tobacco products
 - weight control products
- 10.2.9.B

C. Health Information and the Media

- C. Analyze media health and safety messages and describe their impact on personal health and safety. 10.2.9.C

D. Decision-making Skills

- D. Analyze and apply a decision-making process to adolescent health and safety issues. 10.2.9.D

E. Health and the Environment

- E. Explain the interrelationship between the environment and personal health.ozone layer/skin canceravailability of health care/individual healthair pollution/respiratory diseasebreeding environments/lyme disease/west nile virus 10.2.9.E

Safety and Injury Prevention**A. Safe/Unsafe Practices**

- A. Analyze the role of individual responsibility for safe practices and injury prevention in the home, school and community.modes of transportation (e.g., pedestrian, bicycle, vehicular, passenger, farm vehicle, all-terrain vehicle)violence prevention in schoolself-protection in the homeself-protection in public places 10.3.9.A

B. Emergency Responses/Injury Management

- B. Describe and apply strategies for emergency and long-term management of injuries. rescue breathingwater rescueself-caresport injuries 10.3.9.B

C. Strategies to Avoid/Manage Conflict

- C. Analyze and apply strategies to avoid or manage conflict and violence during adolescence.effective negotiationassertive behavior 10.3.9.C

D. Safe Practices in Physical Activity

- D. Identify and use safe practices in physical activity settings (e.g., proper equipment, knowledge of rules, sun safety, guidelines of safe play, warm-up, cool-down). 10.3.3.D
- D. Analyze the role of individual responsibility for safety during organized group activities. 10.3.9.D

Physical Activity**A. Physical Activities That Promote Health and Fitness**

- A. Analyze and engage in physical activities that are developmentally/individually appropriate and support achievement of personal fitness and activity goals. 10.4.9.A

B. Effects of Regular Participation

- B. Analyze the effects of regular participation in moderate to vigorous physical activities in relation to adolescent health improvement.
 - stress management
 - disease prevention
 - weight management
- 10.4.9.B

C. Responses of the Body Systems to Physical Activity

- C. Analyze factors that affect the responses of body systems during moderate to vigorous physical activities.
 - exercise (e.g., climate, altitude, location, temperature)
 - healthy fitness zone
 - individual fitness status (e.g., cardiorespiratory fitness, muscular endurance, muscular strength, flexibility)
 - drug/substance use/abuse
- 10.4.9.C

D. Physical Activity Preferences

- D. Analyze factors that affect physical activity preferences of adolescents.
 - skill competence
 - social benefits
 - previous experience
 - activity confidence
- 10.4.9.D

E. Physical Activity and Motor Skill Improvement

- E. Analyze factors that impact on the relationship between regular participation in physical activity and motor skill improvement.
 - personal choice
 - developmental differences
 - amount of physical activity
 - authentic practice
- 10.4.9.E

F. Physical Activity and Group Interaction

- F. Analyze the effects of positive and negative interactions of adolescent group members in physical activities.
 - group dynamics
 - social pressure
- 10.4.9.F

Concepts, Principles and Strategies of Movement**A. Movement Skills and Concepts**

- A. Describe and apply the components of skill-related fitness to movement performance.
 - agility
 - balance
 - coordination
 - power
 - reaction time
 - speed
- 10.5.9.A

B. Motor Skill Development

- B. Describe and apply concepts of motor skill development that impact the quality of increasingly complex movement.
 - response selection
 - stages of learning a motor skill (i.e. verbal cognitive, motor, automatic)
 - types of skill (i.e. discrete, serial, continuous)
- 10.5.9.B

C. Practice Strategies

- C. Identify and apply practice strategies for skill improvement. 10.5.9.C

D. Principles of Exercise/Training

- D. Identify and describe the principles of training using appropriate vocabulary.
specificityoverloadprogressionaerobic/anaerobic
circuit/intervalrepetition/set 10.5.9.D
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E. Scientific Principles That Affect Movement

- E. Analyze and apply scientific and biomechanical principles to complex movements.
centripetal/centrifugal forcelinear motionrotary motion
friction/resistanceequilibriumnumber of moving
segments 10.5.9.E
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F. Game Strategies

- F. Describe and apply game strategies to complex games and physical activities.
offensive strategiesdefensive strategiestime management
 10.5.9.F