

ACADEMY FOR URBAN LEADERSHIP CHARTER HIGH SCHOOL
HEALTH 1: GRADE 9

MONTH/MARKING PERIOD	WEEKS 1-3	WEEKS 4-5	WEEKS 6-7	WEEKS 8-9
2009 NJCCCS	2.1.12.A.1 2.1.12.A.2 2.1.12.A.3 2.2.12.B.1 2.2.12.B.2 2.2.12.C.1 2.2.12.E.1	2.1.12.C.3 2.1.12.C.4 2.1.12.E.1 2.1.12.E.2 2.1.12.E.3 2.1.12.E.4	2.3.12.C.3 2.4.12.B.1 2.4.12.B.2 2.4.12.B.3 2.4.12.B.4 2.4.12.B.5 2.4.12.C.1 2.4.12.C.2 2.4.12.C.3 2.4.12.C.4 2.4.12.C.5 2.4.12.C.6 2.4.12.C.7	2.1.12.C.1 2.1.12.C.2 2.2.12.E.2 2.4.12.B.1 2.3.12.A.1 2.3.12.A.2 2.3.12.A.3 2.3.12.B.5
ESSENTIAL QUESTION	<ul style="list-style-type: none"> •What is Health? •Can you Identify health risks? •How are you responsible for your personal health? •What do you need to do, to be a wise health consumer? •What contributes in your personality development? •How do you keep your self-esteem from going high to low? •Why is it important to express your emotions? 	<ul style="list-style-type: none"> •What causes stress? •How stress affects your body? •How stress affects people differently •How to cope with stress? •What are mental disorders? •What is a eating disorder? •How to identify depression and signs of suicide? •How to treat mental disorders? 	<ul style="list-style-type: none"> •What is the Endocrine System? •Can you identify and explain the function of the organs of the Male Reproductive System. •Can you identify and explain the function of the organs of the Female Reproductive System. •How does genetic information get passed from one generation to the next? •Explain the beginning of the birth cycle? •Explain how does a woman maintain a healthy pregnancy? •Explain the birth cycle? •What are the changes that children undergo during childhood? 	<ul style="list-style-type: none"> •What are the causes of infectious diseases? •How does the human body fight against infectious disease? •What are the common infectious diseases caused by bacteria? •What is an epidemic? •What are risks of Sexual Activity? •What are STI's or STD's? •How does HIV infection lead to AIDS? •How do you protect yourself from HIV and AIDS?

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CONTENT	Maintaining Healthy Decisions / Personality, Self Esteem, and Emotions	Managing Stress Mental Disorders & Suicide	Reproduction & Heredity Pregnancy, Birth, & Childhood	Infectious Diseases STD's, HIV, AIDS
SKILLS & TOPICS	<ul style="list-style-type: none"> •Health Today •Influence of Health •Healthy You •Personality •Self Esteem •Expressing Emotions 	<ul style="list-style-type: none"> •Identify Stressors & coping with stress •Stages of Stress •Your response to stress •Controlling Stress •Mental Disorders •Eating Disorders •Depression & Suicide •Mental Disorders 	<ul style="list-style-type: none"> •Endocrine Gland •Male Reproductive System •Female Reproductive System •Heredity •Development before birth •Health Pregnancy •Childbirth •Childhood 	<ul style="list-style-type: none"> •Infectious Diseases •Defense Against Disease •Bacterial Diseases •Epidemic Diseases •Risks of Sexual Activity •STI/STD's •HIV/AIDS •Protection from HIV/AIDS
INTEGRATION OF TECHNOLOGY	<ul style="list-style-type: none"> •Internet •Smart Board •Power Point 	<ul style="list-style-type: none"> •Internet •Smart Board •Power Point 	<ul style="list-style-type: none"> •Internet •Smart Board •Power Point 	<ul style="list-style-type: none"> •Internet •Smart Board •Power Point
ASSESSMENT	Projects Test Homework Final Exam	Projects Test Homework Final Exam	Projects Test Homework Final Exam	Projects Test Homework Final Exam
RESOURCES	Prentice Hall Health Book Prentice Hall Health Work Book Prentice Hall DVD's Guest Speakers Internet Magazines Newspapers	Prentice Hall Health Book Prentice Hall Health Work Book Prentice Hall DVD's Guest Speakers Internet Magazines Newspapers	Prentice Hall Health Book Prentice Hall Health Work Book Prentice Hall DVD's Guest Speakers Internet Magazines Newspapers	Prentice Hall Health Book Prentice Hall Health Work Book Prentice Hall DVD's Guest Speakers Internet Magazines Newspapers