

## Essential Standards Chart: What is it we expect students to learn?

Grade:	9	Subject:	<b>Health</b>	Semester		Team Members:	<b>Errecart, Galamgam, DeMello</b>			
Standard/Description		Example/Rigor		Prior Skills Needed		Common Assessment		When Taught?		Enrichment
What is the essential standard to be learned? Describe in student-friendly vocabulary.		What does proficient student work look like? Provide an example and/or description.		What prior knowledge, skills, and/or vocabulary is/are needed for a student to master this standard?		What assessment(s) will be used to measure student mastery?		When will this standard be taught?		What will we do when students have learned the essential standard(s)?
I am able to understand the food choices that create healthy eating habits and can prevent chronic diseases. (1.4N) (1.5N)		Food Diary/Log Nutrition label analysis Fast food analysis		Academic vocabulary  Personal experiences and prior practical knowledge		Exercise and Nutrition Common Assessment		Week 7 & 8		
I am able to understand how the amount of physical activity affects my health and body weight. (1.15N) (1.13N)		PE PAWS log Calculation of BMI, resting and body composition, and target HRZ. FITT Principle		Academic vocabulary  Personal experiences and prior practical knowledge		Exercise and Nutrition Common Assessment		Week 6 & 8		
I understand the characteristics of healthy relationships. (1.3G) (1.2M)		Personality tests Peer Helper presentations Communication skills/styles		Academic vocabulary  Personal experiences and prior practical knowledge		Social Health Common Assessment		Week 3		
I can identify the benefits of abstinence and why it is the most effective method to prevent STDs and pregnancy. (1.4G)		Effects of STD's STD transmission activity Effects of pregnancy on teens		Academic vocabulary  Personal experiences and prior practical knowledge		Sex Ed. Common Assessment		Week 15		
I will evaluate the safety and effectiveness of contraceptives and describe the short- and long-term effects of STDs. (1.7.G) (1.12.G)		Contraceptive examples and effectiveness rates Signs and symptoms of STD's		Academic vocabulary  Personal experiences and prior practical knowledge		Sex Ed. Common Assessment		Week 13-16		
I will describe procedures for emergency care and lifesaving. (1.10.S)		Emergency response skits, CPR demonstrations		Academic vocabulary  Personal experiences and prior practical knowledge		First Aid Common Assessment		Week 17		

I will understand how alcohol, tobacco, and other drugs effect me physically, mentally, and socially. (1.2.A) (1.4.A) (1.7A)	Drunk goggles, drug brochure and/or project, Red Ribbon week, P.A.R.T.Y. field trip	Academic vocabulary Personal experiences and prior practical knowledge	Drugs and Alcohol Common Assessment	Week 9-12	
I will describe the use and abuse of medicines and illegal substances. (1.5.A)	Prescription label analysis, illegal drug informational fliers	Academic vocabulary Personal experiences and prior practical knowledge	Drugs and Alcohol Common Assessment	Week 9	
I will describe qualities that contribute to a positive self-image. (1.4.M)	Self esteem survey, Strengths and weaknesses activity, Peer Helping presentations	Academic vocabulary Personal experiences and prior practical knowledge	Mental Health Common Assessment	Week 3	
I will identify stressors and how to cope with them. (1.9.M)	“Stress Free Day,” stress journals, coping skits	Academic vocabulary Personal experiences and prior practical knowledge	Mental Health Common Assessment	Week 4	
I will describe how social environments affect health and well-being. (1.5.M)	Refusal skills demonstrations, Surviving High School video, Cliques at Roseville analysis	Academic vocabulary Personal experiences and prior practical knowledge	Social Health Common Assessment	Week 5	
I will describe the importance of recognizing signs of common mental health conditions and suicide. (1.6.M) (1.7M) (1.10M)	Suicide prevention/advice letters, Eating disorders video	Academic vocabulary Personal experiences and prior practical knowledge	Mental Health Common Assessment	Week 4	
I will understand the value of actively managing personal health behaviors (1.1.P)	Cancer self-screening methods, physical health behaviors assessment	Academic vocabulary Personal experiences and prior practical knowledge	Mental Health Common Assessment	Week 1 & 2	
I will investigate the causes and symptoms of communicable and non-communicable diseases.(1.5.P)	Rate of transmissions activity, study of methods transmission	Academic vocabulary Personal experiences and prior practical knowledge	Sex Ed. Common Assessment	Week 15 & 16	