

Dear 9th Grade Health Education Teacher,

Congratulations on your physical education year-long course assignment. The *Halifax County Schools' Healthful Living Pacing Guide* is paced in nine weeks within four quarters. It consists of the following NC Healthful Living Essential Standards' strands: MEH-Mental and Emotional Health, PCH-Personal and Consumer Health, ICR-Interpersonal Communications and Relationships, NPA-Nutrition and Physical Activity, ATOD-Alcohol, Tobacco, and Other Drugs. See the following example of how to read the matrix: **9.MEH.1.1** Grade 9; Mental and Emotional Health; Essential Standard 1; Clarifying Objective 1. The numbered columns and letter "X" indicates when the objective IS taught and NOT taught. There are several objectives to teach each nine quarter; therefore, teachers are encouraged to design mini units to accomplish all objectives.

Best regards for a successful school year!
Halifax County Schools' Curriculum Support Team
August 26, 2020

Halifax County Schools: Health Essential Standards Pacing Guide (8-26-19)

MENTAL AND EMOTIONAL HEALTH

Clarifying Objectives		Quarters			
9.MEH.1 Create positive stress management strategies		1	2	3	4
9.MEH.1.1	Identify the body's physical and psychological responses to stressful situations and positive coping mechanisms.	1	X	3	X
9.MEH.1.2	Plan effective methods to deal with anxiety	1	X	3	X
9.MEH.2	Create help-seeking strategies for depression and mental disorders.	1	X	3	X
9.MEH.2.1	Identify causes and symptoms of depression and mental disorders.	1	X	3	X
9.MEH.2.2	Design useful help-seeking strategies for depression and mental disorders.	1	X	3	X

PERSONAL AND CONSUMER HEALTH

Clarifying Objectives		Quarters			
9.PCH.1 Analyze wellness, disease prevention, and recognition of symptoms.		1	2	3	4
9.PCH.1.1	Recognize that individuals have some control over risks for communicable and chronic diseases.	1	X	X	4
9.PCH.1.2	Summarize the procedures for organ donation, local and state resources, and benefits.	1	X	X	4
9.PCH.1.3	Explain the procedures for health screenings, checkups, and other early detection measures in terms of their health-related benefits.	1	X	X	4
9.PCH.1.4	Design strategies for reducing risks for chronic diseases.	1	X	X	4
9.PCH.1.5	Select measures to get adequate rest and sleep.	1	X	X	4
9.PCH.1.6	Recognize the early warning signs of skin cancer and the importance of early detection.	1	X	X	4
9.PCH.1.7	Differentiate between the lifelong effects of positive and negative health behaviors.	1	X	X	4

Clarifying Objectives		Quarters			
9.PCH.2 Evaluate health information and products		1	2	3	4
9.PCH.2.1	Critique the potential health and social consequences of body art (tattooing and piercing).	X	X	3	X
9.PCH.2.2	Monitor the effects of media and popular culture on normative beliefs that contradict scientific research on health.	X	X	3	X

Clarifying Objectives		Quarters			
9.PCH.3 Understand necessary steps to prevent and respond to unintentional injury.		1	2	3	4
9.PCH.3.1	Summarize the risks associated with operating ATVs and motorcycles.	X	X	3	X
9.PCH.3.1	Analyze reports of injuries to determine how they might have been prevented and what first aid measures should be taken.	X	X	3	X

INTERPERSONAL COMMUNICATION AND RELATIONSHIPS

Clarifying Objectives		Quarters			
9.ICR.1 Understand healthy and effective interpersonal communication and relationships.		1	2	3	4
9.ICR.1.1	Illustrate the ability to respond to others with empathy.	1	X	X	4
9.ICR.1.2	Classify negotiation and collaboration skills as helpful or harmful in solving problems or resolving conflicts.	1	X	X	4
9.ICR.1.3	Illustrate strategies for resolving interpersonal conflict without harming self or others.	1	X	X	4
9.ICR.1.4	Summarize principles of healthy dating.	1	X	X	4

9.ICR.1.5	Explain how power and control in relationships can contribute to aggression, violence and sex trafficking.	1	2	3	4
Clarifying Objectives		Quarters			
9.ICR.2 Evaluate abstinence from sexual intercourse as a positive choice for young people.		1	2	3	4
9.ICR.2.1	Critique skills and strategies that are used to promote abstinence from sexual activity in terms of their effectiveness.	1	X	X	4
9.ICR.2.2	Explain the consequences of early and unprotected sexual behaviors.	1	X	X	4
9.ICR.3 Create strategies that develop and maintain reproductive and sexual health.		1	2	3	4
9.ICR.3.1	Contrast the myths, misconceptions, and stereotypes pertaining to sexual assault and sexual abuse with what is known based on law and research.	X	2	3	X
9.ICR.3.2	Design safe plans for the prevention of sexual assault and abuse that include appropriate resources and needed skills.	X	2	3	X
9.ICR.3.3	Illustrate skills related to safe and effective use of methods to prevent STDs as well as access resources for testing and treatment.	X	2	3	X
9.ICR.3.4	Exemplify decision-making skills and problem solving regarding safe and effective use of methods to prevent unintended pregnancy	X	2	3	X
9.ICR.3.5	Summarize preventable risks for subsequent pregnancies including induced abortion, smoking, alcohol consumption, the use of illicit drugs and inadequate prenatal care	X	2	3	X
NUTRITION AND PHYSICAL ACTIVITY					
Clarifying Objectives		Quarters			
9.NPA.1 Analyze strategies using tools (MyPlate, Dietary Guidelines, Food Facts Label) to plan healthy nutrition and fitness.		1	2	3	4
9.NPA.1.1	Attribute the prevention of chronic diseases to healthy nutrition and physical activity.	X	2	X	X
9.NPA.1.2	Organize meal plans to meet special dietary needs for athletes, pregnant women, diabetics and those experiencing allergies.	X	2	X	X
9.NPA.1.3	Recognize the benefits of folic acid and other vitamins and minerals.	X	2	X	X
9.NPA.2 Create strategies to consume a variety of nutrient dense foods and beverages in moderation.		1	2	3	4
9.NPA.2.1	Plan vegetarian diets that are balanced and nutrient dense.	X	2	X	X
9.NPA.2.2	Recall the number of servings recommended from each food group and the need for balanced nutrition.	X	2	X	X
9.NPA.2.3	Summarize the effects of hydration and dehydration and preventive measures for dehydration.	X	2	X	X
9.NPA.3 Analyze the relationship of nutrition, fitness, and healthy weight management to the prevention of diseases such as diabetes, obesity, cardiovascular diseases, and eating disorders		1	2	3	4
9.NPA.3.1	Differentiate between healthy and unhealthy plans for weight gain, maintenance and loss.	1	X	X	X
9.NPA.3.2	Classify the effects of eating disorders as short-term or long-term.	1	X	X	X
9.NPA.3.3	Recall resources for seeking help for people with eating disorders.	1	X	X	X
9.NPA.4 Apply lifelong nutrition and health-related fitness concepts to enhance quality of life.		1	2	3	4
9.NPA.4.1	Execute exercise programs with safety and effectiveness.	1	X	X	X
9.NPA.4.2	Use appropriate methods for avoiding and responding to climate-related physical conditions during physical activity.	1	X	X	X
9.NPA.4.3	Implement a personal plan to improve current habits to achieve balanced nutrition and fitness.	1	X	X	X
ALCOHOL, TOBACCO, AND OTHER DRUGS					
Clarifying Objectives		Quarters			
9.ATOD.1 Understand the health risks associated with alcohol, tobacco, and other drug use.		1	2	3	4
9.ATOD.1.1	Explain the short-term and long-term effects of performance-enhancing drugs on health and eligibility to participate in sports.	X	2	X	X
9.ATOD.1.2	Analyze the role of family, community, and cultural norms in deciding to use alcohol, tobacco, and other drugs.	X	2	X	X
9.ATOD.1.3	Contrast prescription medicines, nonprescription medicines, and illegal substances in terms of their use and abuse.	X	2	X	X
9.ATOD.1.4	Summarize the risks of IV drug use, including blood borne diseases.	X	2	X	X
9.ATOD.1.5	Predict the effects of substance abuse on other people as well as society as a whole.	X	2	X	X
9.ATOD.1.6	Summarize the consequences of alcohol or tobacco use during pregnancy.	X	2	X	X
9.ATOD.2 Apply risk reduction behaviors to protect self and others from alcohol, tobacco, and other drug use.		1	2	3	4
9.ATOD.2.1	Identify ways to avoid riding in a car or engaging in other risky behaviors with someone who is under the influence of alcohol or other drugs.	1	X	X	X

9.ATOD.2.2	Use strategies for avoiding binge drinking.	1	X	X	X
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