



**Physical Education
Grade 9
Health**

(Updated June 2022)

Dr. Mark Toback, Superintendent

This curriculum may be modified through varying techniques, strategies, and materials as per an individual student's Individualized Educational Plan (IEP)

Wayne School District
Grade 9 Health Curriculum

Content Area/ Grade Level/ Course:	Grade 9 Health Curriculum
Unit Plan Title:	Decision Making/Communication/Relationships/Bullying
Time Frame	3 weeks
Anchor Standards/Domain* *i.e: ELA: reading, writing i.e.: Math: Number and Operations in Base 10	

Career Readiness, Life Literacies, and Key Skills

<https://www.state.nj.us/education/cccs/2020/2020%20NJSLs-CLKS.pdf>

Career Awareness and Planning

- 9.2.12.CAP.2: Develop college and career readiness skills by participating in opportunities such as structured learning experiences, apprenticeships, and dual enrollment programs.
- 9.2.12.CAP.3: Investigate how continuing education contributes to one's career and personal growth.
- 9.2.12.CAP.4: Evaluate different careers and develop various plans (e.g., costs of public, private, training schools) and timetables for achieving them, including educational/training requirements, costs, loans, and debt repayment.
- 9.2.12.CAP.5: Assess and modify a personal plan to support current interests and postsecondary plans. •
- 9.2.12.CAP.6: Identify transferable skills in career choices and design alternative career plans based on those skills.
- 9.2.12.CAP.8: Determine job entrance criteria (e.g., education credentials, math/writing/reading comprehension tests, drug tests) used by employers in various industry sectors.
- 9.2.12.CAP.10: Identify strategies for reducing overall costs of postsecondary education (e.g., tuition assistance, loans, grants, scholarships, and student loans).
- 9.2.12.CAP.11: Demonstrate an understanding of Free Application for Federal Student Aid (FAFSA) requirements to apply for postsecondary education

Creativity and Innovation

- 9.4.12.CI.1: Demonstrate the ability to reflect, analyze, and use creative skills and ideas (e.g., 1.1.12prof.CR3a).
- 9.4.12.CI.2: Identify career pathways that highlight personal talents, skills, and abilities (e.g., 1.4.12prof.CR2b, 2.2.12.LF.8).
- 9.4.12.CI.3: Investigate new challenges and opportunities for personal growth, advancement, and transition (e.g., 2.1.12.PGD.1).

Critical Thinking and Problem Solving

- 9.4.12.CT.2: Explain the potential benefits of collaborating to enhance critical thinking and problem solving (e.g., 1.3E.12profCR3.a)
- 9.4.12.CT.4: Participate in online strategy and planning sessions for course-based, school-based, or other project and determine the strategies that contribute to effective outcomes.

Digital Citizenship

- 9.4.12.DC.1: Explain the beneficial and harmful effects that intellectual property laws can have on the creation and sharing of content (e.g., 6.1.12.CivicsPR.16.a).
- 9.4.12.DC.3: Evaluate the social and economic implications of privacy in the context of safety, law, or ethics (e.g., 6.3.12.HistoryCA.1).
- 9.4.12.DC.6: Select information to post online that positively impacts personal image and future college and career opportunities.

Information and Media Literacy

- 9.4.12.IML.2: Evaluate digital sources for timeliness, accuracy, perspective, credibility of the source, and relevance of information, in media, data, or other resources (e.g., NJSLSA.W8, Social Studies Practice: Gathering and Evaluating Sources).
- 9.4.12.IML.8: Evaluate media sources for point of view, bias, and motivations (e.g., NJSLSA.R6, 7.1.AL.IPRET.6)
- 9.4.12.IML.9: Analyze the decisions creators make to reveal explicit and implicit messages within information and media (e.g., 1.5.12acc.C2a, 7.1.IL.IPRET.4).

Technology Literacy

- 9.4.12.TL.1: Assess digital tools based on features such as accessibility options, capacities, and utility for accomplishing a specified task (e.g., W.11-12.6.).
- 9.4.12.TL.3: Analyze the effectiveness of the process and quality of collaborative environments.

Unit Summary

This unit will focus on the student's ability to make life decisions. They will understand consequences, pros and cons, and risks involved. Students will use the D.E.C.I.D.E. model handout to assist in their own choice making. Students will learn about the different roles that make up a healthy relationship and how self esteem factors in. The students will also be exposed to effective skills of communication (listening, speaking and refusal skills) and problems that may arise from poor communication within a relationship. The students will learn about harmful relationships such as abuse, sexual assault and bullying. Students will also learn how to identify bullying situations. Cyberbullying, the potential dangers of cell phones and social media will also be covered. Students will also examine the correlation between bullying and suicide

NJSLS Physical Education and Health

Personal Growth and Development

- 2.1.12.PGD.1: Develop a health care plan that includes practices and strategies designed to support an active lifestyle, attend to mental health, and foster a healthy, social and emotional life.
- 2.1.12.PGD.2: Predict how healthy and unhealthy behaviors can affect brain development and impact physical, social and emotional stages of early adulthood.

Emotional Health

- 2.1.12.EH.1: Recognize one's personal traits, strengths, and limitations and identify how to develop skills to support a healthy lifestyle.
- 2.1.12.EH.2: Analyze factors that influence the emotional and social impact of mental health illness on the family.
- 2.1.12.EH.3: Describe strategies to appropriately respond to stressors in a variety of situations (e.g., academics, relationships, shootings, death, car accidents, illness).
- 2.1.12.EH.4: Analyze and adapt mental and emotional health messages and communication techniques to peers and other specific target audience (e.g., dimensions of health)

Social and Sexual Health

- 2.1.12.SSH.1: Analyze the influences of peers, family, media, social norms and culture on the expression of gender, sexual orientation, and identity.
- 2.1.12.SSH.2: Advocate for school and community policies and programs that promote dignity and respect for people of all genders, gender expressions, gender identities, and sexual orientations.
- 2.1.12.SSH.3: Analyze current social issues affecting perceptions of sexuality, culture, ethnicity, disability status and make recommendations to address those issues.

- 2.1.12.SSH.4: Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others (defining and understanding the laws of consent and dating violence).
- 2.1.12.SSH.5: Demonstrate ways to show respect for the boundaries of others as they relate to intimacy and sexual behavior.
- 2.1.12.SSH.9: Analyze the personal and societal factors that could keep someone from leaving an unhealthy relationship.
- 2.1.12.SSH.10: Analyze the state and federal laws related to minors' ability to give and receive sexual consent and their association with sexually explicit media.

Community Health Services and Support

- 2.1.12.CHSS.1: Analyze the opportunities available at home, in school, and in the community to support the mental health of oneself or an individual.
- 2.1.12.CHSS.2: Develop an advocacy plan for a health issue and share this information with others who can benefit.
- 2.1.12.CHSS.3: Explain the purpose of the Safe Haven Law and identify locations in your community.
- 2.1.12.CHSS.4: Identify medically accurate sources of information and local services that provide contraceptive methods (including emergency contraception and condoms) and pregnancy options (including parenting, abortion, safe haven, adoption, and prenatal care).
- 2.1.12.CHSS.6: Evaluate the validity of health information, resources, services, in school, home and in the community.
- 2.1.12.CHSS.9: Develop an action plan to assist individuals who have feelings of sadness, anxiety, stress, trauma, or depression and share this information with individuals who will benefit.

Personal Safety

- 2.3.12.PS.5: Identify the state and federal laws related to intimate partner and sexual violence (e.g., sexual harassment, sexual abuse, sexual assault, domestic violence).
- 2.3.12.PS.6: Describe the types of abuse (e.g., physical, emotional, psychological, financial, sexual) and the cycle of violence as it relates to sexual abuse, domestic violence, dating violence, and gender-based violence.
- 2.3.12.PS.8: Develop strategies to communicate effectively, safely, and with empathy when using digital devices in a variety of situations (e.g., cyberbullying, sexting).

Alcohol, Tobacco and other Drugs

- 2.3.12.ATD.1: Examine the influences of drug use and misuse on an individual's social, emotional and mental wellness.
- 2.3.12.ATD.2: Compare and contrast the incidence and impact of commonly abused substances on individuals and communities in the United States and other countries (e.g., tobacco, e-cigarettes, vaping products, alcohol, marijuana products, inhalants, anabolic steroids, other drugs).
- 2.3.12.ATD.3: Explore the relationship between individuals who abuse alcohol, tobacco, and other drugs with an increase in intentional and unintentional health-risk behaviors.

Dependency, Substances Disorder and Treatment

- 2.3.12.DSDT.1: Correlate duration of drug use and abuse to the incidence of drug-related deaths, injuries, illness, and academic performance.
- 2.3.12.DSDT.2: Analyze personal choices and behaviors related to substance use and misuse to determine if they align with personal values and beliefs.
- 2.3.12.DSDT.3: Examine the drug laws, and regulations of the State of New Jersey, other states and the affects; healthy and unhealthy on individuals, families, schools, and communities (e.g., vaping products, e-cigarettes, cannabis and CBD products, opioids)

- 2.3.12.DSDT.5: Evaluate the effectiveness of various strategies and skills that support an individual's ability to stop misusing and abusing drugs and remain drug free (counseling, peer coaching, professional peer support group, and family counseling and support).

Interdisciplinary Standards: New Jersey Learning Standards for English Language Arts Companion Standards Grades (include reading and writing

https://www.nj.gov/education/standards/ela/Docs/2016NJSLA-ELA_Grades9-10.pdf

NJSLSA.R1	Read closely to determine what the text says explicitly and to make logical inferences and relevant connections from it; cite specific textual evidence when writing or speaking to support conclusions drawn from the text.
NJSLSA.R3	Analyze how and why individuals, events, and ideas develop and interact over the course of a text.
NJSLSA.R7	Integrate and evaluate content presented in diverse media and formats, including visually and quantitatively, as well as in words.
NJSLSA.R10	Read and comprehend complex literary and informational texts independently and proficiently with scaffolding as needed.
RL.9-10.1.	Cite strong and thorough textual evidence and make relevant connections to support analysis of what the text says explicitly as well as inferences drawn from the text, including determining where the text leaves matters uncertain.
NJSLSA.W2	Write informative/explanatory texts to examine and convey complex ideas and information clearly and accurately through the effective selection, organization, and analysis of content.
W.9-10.2.	Write informative/explanatory texts to examine and convey complex ideas, concepts, and information clearly and accurately through the effective selection, organization, and analysis of content
W.9-10.8.	Gather relevant information from multiple authoritative print and digital sources, using advanced searches effectively; assess the strengths and limitations of each source in terms of the task, purpose, and audience; integrate information into the text selectively to maintain the flow of ideas, avoiding plagiarism and overreliance on any one source and following a standard format for citation. (MLA or APA Style Manuals)
NJSLSA.SL1	Prepare for and participate effectively in a range of conversations and collaborations with diverse partners, building on others' ideas and expressing their own clearly and persuasively.
NJSLSA.SL4.	Present information, findings, and supporting evidence such that listeners can follow the line of reasoning and the organization, development, and style are appropriate to task, purpose, and audience.
NJSLSA.SL5	Make strategic use of digital media and visual displays of data to express information and enhance understanding of presentations.

L.9-10.1.	Demonstrate command of the conventions of standard English grammar and usage when writing or speaking.
L.9-10.2.	Demonstrate command of the conventions of standard English capitalization, punctuation, and spelling when writing.

2020 NJ Student Learning Standards - Science

<https://www.nj.gov/education/cccs/2020/NJSLS-Science.pdf>

HS-LS1-4	Use a model to illustrate the role of cellular division (mitosis) and differentiation in producing and maintaining complex organisms.
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Essential Question(s)

- How do you make a decision in your life?
- How will your values impact your life decisions?
- What are the potential outcomes of your choices?
- What are your different roles in relationships?
- What are skills that are used in order to be an effect communicator?
- How can self-esteem play a part in relationships?
- What are the signs of an unhealthy relationship?
- What are the different types of bullying that occur?
- What population of students get bullied most often?
- What are potential consequences that can occur from your actions?

Enduring Understandings

- Students will understand the consequences of choices.
- Students will analyze the outcomes of their decisions.
- Students will understand what it takes to have a healthy relationship.
- Students will learn ways to effectively communicate using I statements and refusal skills
- Students will understand the different roles one can play in a relationship
- Students will understand bullying situations and the long term impact it could have.
- Students will analyze the outcomes of their decisions.
- Students will discuss the dangers of inappropriate cell phone, social media and computer use as well as the impact it can have on their life
- Students will understand how bullying can cause mental illness/suicide.

In this unit plan, the following 21st Century themes and skills are addressed.

21st Century Skills

Check all that apply

Indicate whether these skills are E-Encouraged, T-Taught, or A-Assessed in this unit by marking E, T, A on the line before the appropriate skill.

E	Global Awareness	E	Creativity and Innovation
E	Environmental Literacy	A	Critical Thinking and Problem Solving
T	Health Literacy	T	Communication
E	Civic Literacy	A	Collaboration
	Financial, Economic, Business, and Entrepreneurial Literacy		

Student Learning Targets/Objectives (Students will know/Students will understand)

- SWBAT effectively use the D.E.C.I.D.E. model through classroom activities.
- SWBAT identify components of healthy and unhealthy relationships
- SWBAT Explain why communication in relationships is important
- SWBAT discuss proper refusal skills within a relationship.
- SWBAT identify the characteristics of a healthy relationship
- SWBAT Recognize the warning signs of abuse, assault, and rape and how to seek help.
- SWBAT explain various methods of how to improve self-esteem
- SWBAT identify different types of bullies
- SWBAT explain the dangers of cyberbullying.

Assessments (Pre, Formative, Summative, Other)

*Denote required common assessments with an **

- Benchmark- Do Now class discussion to assess students prior knowledge
- Formative- Teacher lead assessment activities (i.e. Kahoot)
- Summative- Written test
- Alternative- Oral examination of health terms and concepts

Teaching and Learning Activities

<i>Activities</i>	<ul style="list-style-type: none"> ● Do Now ● Term Sheets ● Group Discussions ● Group Work ● Kahoot ● Guest Speakers ● EdPuzzle
<i>Differentiation Strategies</i>	<ul style="list-style-type: none"> ● Differentiation Strategies for Special Education Students ● Differentiation Strategies for Gifted and Talented Students

- [Differentiation Strategies for ELL Students](#)
- [Differentiation Strategies for At Risk Students](#)
- [Differentiation Strategies for Students with a 504](#)

Resources

- Study guide
- Sports Equipment
- Videos
- PearDeck
- Chromebooks
- A/V Equipment
- Kahoot
- Google Classroom
- Guest Speakers
- Youtube
- CDC
- First Choice
- EdPuzzle

Content Area/ Grade Level/ Course:	Grade 9 Health Curriculum
Unit Plan Title:	Reproduction/Disease
Time Frame	3 weeks
Anchor Standards/Domain*	*i.e: ELA: reading, writing i.e.: Math: Number and Operations in Base 10

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- 9.4.12.TL.3: Analyze the effectiveness of the process and quality of collaborative environments.

Unit Summary

The students will compare and contrast the male and female reproductive anatomy. Students will identify problems that can occur within each and the importance of early detection (self exams). Students will be exposed to the female menstrual cycle and how this impacts reproduction. The students will learn about childbirth (complications, twins) and the various stages of development. Students will also be exposed to the various forms of contraception methods and abstinence.

NJSLS Physical Education

Pregnancy and Parenting

- 2.1.12.PP.1: Compare and contrast the advantages and disadvantages of contraceptive and disease prevention methods (e.g., abstinence, condoms, emergency contraception, dental dams).
- 2.1.12.PP.2: Develop a plan to eliminate or reduce risk for unintended pregnancy and/or STIs (including HIV) and identify ways to overcome potential barriers to prevention.
- 2.1.12.PP.3: Identify trusted adults, including family members, caregivers, school staff, and health care professionals to ask questions and discuss pregnancy and other health topics.
- 2.1.12.PP.4: List the major milestones of each trimester of fetal development utilizing medically accurate information.
- 2.1.12.PP.5: Analyze factors that can impact the health of a baby (e.g., fetal alcohol syndrome, sudden infant death syndrome, low birth weight, premature birth, genetics).
- 2.1.12.PP.6: Analyze personal and societal factors that can influence decisions about pregnancy options, including parenting, abortion, safe haven, and adoption.
- 2.1.12.PP.7: Analyze the emotional, social, physical, and financial effects of being a teen or young adult parent.
- 2.1.12.PP.8: Assess the skills needed to be an effective parent.
- 2.1.12.PP.9: Evaluate parenting strategies used at various stages of child development based on reliable sources of information.

Health Conditions, Diseases and Medicines

- 2.3.12.HCDM.1: Develop a health care plan to help prevent and treat diseases and health conditions one may encounter (e.g., breast/testicular exams, Pap smear, regular STIs testing, HPV vaccine). Medicines treat or relieve diseases or pain and are prescribed by a physician or accessed over the counter.
- 2.3.12.HCDM.2: Provide examples of how drugs and medication mimic or block the action of certain cells in the body, and how abusing drugs can affect the human body.
- 2.3.12.HCDM.3: Evaluate the benefits of biomedical approaches to prevent STIs (e.g., hepatitis B vaccine, HPV vaccine) and HIV (e.g., PrEP, PEP). Public health policies are created to influence health promotion and disease prevention and can have global impact.
- 2.3.12.HCDM.4: Evaluate emerging methods to diagnose and treat diseases and health conditions that are common in young adults in the United States and in other countries (e.g., hepatitis, stroke, heart attacks, cancer,).
- 2.3.12.HCDM.5: Analyze local, state, and international public health efforts to prevent and control diseases and health conditions (e.g., vaccinations, immunizations, medical exams, gene editing, artificial organ systems, prosthesis). Mental health conditions affect individuals, family members, and communities.
- 2.3.12.HCDM.6: Analyze and discuss the evidence of the emotional and social impact of mental health illness on families, communities, and states (e.g., depression, anxiety, Alzheimer's, panic disorders, eating disorders, impulse disorders).

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HS-LS1-4

Use a model to illustrate the role of cellular division (mitosis) and differentiation in producing and maintaining complex organisms.

Essential Question(s)

- What is the difference between the male and female sex cell?
- Why is it important to understand the reproductive anatomy?
- What are the various stages of fetal development?
- How does the female menstrual cycle impact reproduction?
- What role do contraceptives play in preventing pregnancy and disease?
- How are self exams a critical element in early detection of cancer/disease?

Enduring Understandings

- Students will understand the differences between the male and female reproductive anatomy.
- Students will identify problems with the reproductive organs and how to seek further help.
- Students will explain the process of fertilization.
- Students will understand the importance of a self exam.
- Students will list and explain various contraceptive methods to prevent against pregnancy and
- STD's/STI'S

21st Century Skills

Check all that apply

Indicate whether these skills are E-Encouraged, T-Taught, or A-Assessed in this unit by marking E, T, A on the line before the appropriate skill.

<input type="checkbox"/>	E	Global Awareness
<input type="checkbox"/>	E	Environmental Literacy
<input type="checkbox"/>	T	Health Literacy
<input type="checkbox"/>	E	Civic Literacy
<input type="checkbox"/>		Financial, Economic, Business, and Entrepreneurial Literacy

<input type="checkbox"/>	E	Creativity and Innovation
<input type="checkbox"/>	A	Critical Thinking and Problem Solving
<input type="checkbox"/>	T	Communication
<input type="checkbox"/>	A	Collaboration

Student Learning Targets/Objectives (Students will know/Students will understand)

- SWBAT compare and contrast male vs female anatomy.
- SWBAT identify possible health problems within the reproductive anatomy.
- SWBAT identify and explain 5 stages of the menstrual cycle.
- SWBAT define ovulation.
- SWBAT examine multiple births and identify the types involved.
- SWBAT explain the importance of self examination and cancer screenings.

Assessments (Pre, Formative, Summative, Other)

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Teaching and Learning Activities

<i>Activities</i>	<ul style="list-style-type: none"> ● Do Now ● Term Sheets ● Group Discussions ● Group Work ● Kahoot ● Guest Speakers ● EdPuzzle
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Resources

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- Sports Equipment
- Videos
- Chromebooks
- A/V Equipment
- Kahoot
- Google Classroom
- Guest Speakers
- EdPuzzle