



BOE Approved 4/15

## Cliffside Park Public Schools

**GRADE:** 9

**Subject:** Health

**Unit Name:** Health Wellness

**Duration:** Nine weeks

### Essential Questions:

Define health?

Name the top three killers of adults in the U.S.?

Name the top three killers of teens in the U.S.?

List the six components of health? List six risky behaviors that would affect your wellness?

If your shoes are the only ones you will ever own how would you treat them?

Where do you fall on the Illness/Wellness continuance chart?

How can you recognize the difference between positive and negative stress?

What are five ways to help cope with negative stress? Can stress be good? How can stress be handled in a healthy way?

List the three stages of stress response?

Define nutrition? How can healthy eating habits improve our life?

How can poor eating habits affect our lives? What is high fructose corn syrup?

What are hydrogenated oils?

What is the difference between saturated and unsaturated fats?

What are carbohydrates and how are they good for you?

What does the term organic mean and how does it benefit you?

How can My plate help you?

Define self awareness and describe how basic needs will affect it?

Define emotional needs and describe the connection between them and physical health?

List the four emotional needs. Define the term drug?

List the stages of drug dependence including habituation and addiction.



BOE Approved 4/15

## Cliffside Park Public Schools

**GRADE: 9**

**Subject: Health**

Name the penalties for illegal use. List the physiological and psychological effects of each drug category. What are some of the forces in our society that pressure people into drug use?

What are some cause and effects of problem drinking?

What are the community resources available to drug addicts and alcoholics?

Define sexuality. List the basic anatomy of the male and female reproductive organs.

What are some of the biological and psychological changes that occur during adolescence.

Define abstinence.

How can teen sexual activity affect their future lives?

Define sexually transmitted diseases. List the causes, symptoms, characteristics, transmission, and treatment of sexually transmitted diseases.

**Enduring Understandings:**

What things would you change in your diet to help maintain a healthy weight for your future years?

Why do so many other countries have less health problems than we do in U.S. related to weight issues?

Why do we in the U.S. have more food and poorer diets than most civilized nations?

What impact has technology had on communication and relationships?

How will having poor character traits and a poor value system affect your behavior and decision –making?

Why do some people become addicted to certain drugs, and other people do not?

What is the importance of setting goals? How do healthy choices and behaviors, and the use of advanced technology, affect self and other.

What are hereditary factors that can affect our emotional health?

Does my family have a history of stress-related illnesses?



BOE Approved 4/15

## Cliffside Park Public Schools

**GRADE: 9**

**Subject: Health**

What are the warning signs of depression and suicide?

How can healthy stress management help? How can I find resources that help?

### Relevant Standards

**2.1 Wellness – All students will acquire health promotion concepts and skills to support a healthy, active lifestyle**

**2.2 Integrated Skills – All students will develop and use personal and interpersonal skills to support a healthy, active lifestyle**

**2.3 – Drugs and Medicines: All students will acquire knowledge about alcohol, tobacco, other drugs, and medicines and apply these concepts to support a healthy, active, lifestyle. 1 Wellness: All students will acquire health promotion concepts and skills to support a healthy, active lifestyle**

**2.4 Human Relationships and Sexuality - All students will acquire knowledge about the physical, emotional, and social aspects of human relationships and sexuality and apply these concepts to support a healthy, active lifestyle.**

### Interdisciplinary Connections ELA, Math, Science, Social Studies

*SCIENCE: LS1A Structure & Function*

2.3A Medicine

2.3B Alcohol, Tobacco & Other Drugs

*SCIENCE: LS1B Growth & Development of Organisms*



BOE Approved 4/15

## Cliffside Park Public Schools

**GRADE: 9**

**Subject: Health**

2.1A Personal Growth & Development

2.1C Disease

2.2E Health Services

2.3A Medicine

2.3B Alcohol, Tobacco & Other Drugs

2.4B Sexuality

2.4C Pregnancy & Parenting

*SCIENCE: LSIC Organization for Matter & Energy Flow in Organisms*

2.1B Nutrition

*SOCIAL STUDIES:*

Similar connections may be made between social studies content areas (6.3) and the following areas of content such as (2.2A) interpersonal communication skills, (2.1E) social, (2.2E) health services and (2.4A) relationships.

LANGUAGE ARTS LITERACY



BOE Approved 4/15

## Cliffside Park Public Schools

**GRADE: 9**

**Subject: Health**

Students in physical education and health classrooms are provided with the opportunity to address CCSS in literacy, specifically “Grades 6-12 Literacy in History/Social Studies, Science and Technical Subjects” with a focus on analysis of non-fiction text and writing.

CCSS.ELA-LITERACY.CCRA.W.4

Produce clear and coherent writing in which the development, organization, and style are appropriate to task, purpose, and audience.

CCSS.ELA-LITERACY.CCRA.W.6

Use technology, including the Internet, to produce and publish writing and to interact and collaborate with others.

CCSS.ELA-LITERACY.CCRA.W.8

Gather relevant information from multiple print and digital sources, assess the credibility and accuracy of each source, and integrate the information while avoiding plagiarism.

CCSS.ELA-LITERACY.CCRA.W.9

Draw evidence from literary or informational texts to support analysis, reflection, and research.

CCSS.ELA-LITERACY.CCRA.W.10



BOE Approved 4/15

## Cliffside Park Public Schools

**GRADE: 9**

**Subject: Health**

Write routinely over extended time frames (time for research, reflection, and revision) and shorter time frames (a single sitting or a day or two) for a range of tasks, purposes, and audiences.

CCSS.MATH PRACTICES

1 and 2

Make sense of problems and reason abstractly during physical education classes and health data analysis goal setting.

**Tier 2 Vocabulary: analyze,beneficial,evaluate,dilemma,perspective, jeopardize ,formulate ,distort, demonstrate**

**Tier 3 Vocabulary:**

**Core Instructional Materials/Resources/Digital Tools: Resources: Essential Materials, Supplementary Materials, Links to Best Practices Supportive DVDs/Videos Best Practices Current Health Magazines Newspapers/Magazines Glencoe Health Textbook, McGraw-Hill 2005 N.J. State Department of Education.(2009) Core Curriculum Content Standards in Comprehensive Health and Physical Education**

**www.cdc.gov**

**[www.discoveryeducation.com](http://www.discoveryeducation.com)**

**[www.kidshealth.org](http://www.kidshealth.org)**

**[www.fda.gov](http://www.fda.gov)**

**drugfreeworld.org**

**justthinktwice.com**



BOE Approved 4/15

## Cliffside Park Public Schools

**GRADE: 9**

**Subject: Health**

<p><b>21<sup>st</sup> Century Themes and Skills:</b> <b>(CRP Standards)</b></p>	<p><b><u>To apply the standards that apply copy and paste from the link.</u></b></p> <p>12 Career Ready Practices follow the link below.</p> <p><a href="http://www.state.nj.us/education/cccs/2014/career/CareerReadyPractices.pdf">http://www.state.nj.us/education/cccs/2014/career/CareerReadyPractices.pdf</a></p>
<p><b>8.1 Educational Technology</b></p> <p><b>8.2 Technology Education, Engineering, Design, and Computation</b></p>	<p><a href="http://www.state.nj.us/education/cccs/2014/tech/8.pdf">http://www.state.nj.us/education/cccs/2014/tech/8.pdf</a></p> <div data-bbox="703 808 2005 1161" style="border: 1px solid black; padding: 5px;"><p>Select and use applications effectively and productively. 8.1.12.A.2 Produce and edit a multi-page digital document for a commercial or professional audience and present it to peers and/or professionals in that related area for review. 8.1.12.A.3 Collaborate in online courses, learning communities, social networks or virtual worlds to discuss a resolution to a problem or issue. 8.1.12.A.4 Construct a spreadsheet workbook with multiple worksheets, rename tabs to reflect the data on the worksheet, and use mathematical or logical functions, charts and data from all worksheets to convey the results. 8.1.12.A.5 Create a report from a relational database consisting of at least two tables and describe the process, and explain the report results</p></div>



BOE Approved 4/15

# Cliffside Park Public Schools

**GRADE: 9**

**Subject: Health**

**Assessments and Performance Tasks:**

Research Papers Q and A Interviews Notebooks Observations Portfolios

Quizzes Tests Lecture Projects Presentations Reports

## Differentiation/Accommodations/Modifications

Gifted and Talented	English Language Learners	Students with Disabilities	Students at Risk of School Failure
<p><i>(content, process, product and learning environment)</i></p> <p><b>Extension Activities</b></p> <p>Conduct research and provide presentation of cultural topics.</p> <p>Design surveys to generate and analyze data to be used in discussion.</p>	<p><b>Modifications for Classroom</b></p> <p><b>Modifications for Homework/Assignments</b></p> <p>Modified Assignments</p> <p>Native Language Translation (peer, online assistive technology, translation device, bilingual dictionary)</p> <p>Extended time for assignment completion as needed</p>	<p><i>(appropriate accommodations, instructional adaptations, and/or modifications as determined by the IEP or 504 team)</i></p> <p><b>Modifications for Classroom</b></p> <p>Pair visual prompts with verbal presentations</p> <p>Ask students to restate information, directions, and assignments.</p> <p>Repetition and and practice</p>	<p><b>Modifications for Classroom</b></p> <p>Pair visual prompts with verbal presentations</p> <p>Ask students to restate information, directions, and assignments.</p> <p>Repetition and and practice</p> <p>Model skills / techniques to be mastered.</p>



BOE Approved 4/15

# Cliffside Park Public Schools

**GRADE: 9**

**Subject: Health**

<p>Debate topics of interest / cultural importance.</p> <p>Authentic listening and reading sources that provide data and support for speaking and writing prompts.</p> <p>Exploration of art and/or artists to understand society and history.</p> <p>Implement RAFT Activities as they pertain to the types / modes of communication (role, audience, format, topic).</p> <p>Anchor Activities</p> <p>Use of Higher Level Questioning Techniques</p> <p>Provide assessments at a higher level of thinking</p>	<p>Highlight key vocabulary</p> <p>Use graphic organizers</p>	<p>Model skills / techniques to be mastered.</p> <p>Extended time to complete class work</p> <p>Provide copy of classnotes</p> <p>Preferential seating to be mutually determined by the student and teacher</p> <p>Student may request to use a computer to complete assignments.</p> <p>Establish expectations for correct spelling on assignments.</p> <p>Extra textbooks for home.</p> <p>Student may request books on tape / CD / digital media, as available and appropriate.</p>	<p>Extended time to complete class work</p> <p>Provide copy of classnotes</p> <p>Preferential seating to be mutually determined by the student and teacher</p> <p>Student may request to use a computer to complete assignments.</p> <p>Establish expectations for correct spelling on assignments.</p> <p>Extra textbooks for home.</p> <p>Student may request books on tape / CD / digital media, as available and appropriate.</p>
--	---	--	---



BOE Approved 4/15

# Cliffside Park Public Schools

**GRADE: 9**

**Subject: Health**

		<p>Assign a peer helper in the class setting</p> <p>Provide oral reminders and check student work during independent work time</p> <p>Assist student with long and short term planning of assignments</p> <p>Encourage student to proofread assignments and tests</p> <p>Provide regular parent/ school communication</p> <p>Teachers will check/sign student agenda daily</p>	<p>Assign a peer helper in the class setting</p> <p>Provide oral reminders and check student work during independent work time</p> <p>Assist student with long and short term planning of assignments</p> <p>Encourage student to proofread assignments and tests</p> <p>Provide regular parent/ school communication</p> <p>Teachers will check/sign student agenda daily</p> <p>Student requires use of other assistive technology device</p>
--	--	--	---



BOE Approved 4/15

## Cliffside Park Public Schools

**GRADE: 9**

**Subject: Health**

		<p>Student requires use of other assistive technology device</p> <p><b>Modifications for Homework and Assignments</b> Extended time to complete assignments.</p> <p>Student requires more complex assignments to be broken up and explained in smaller units, with work to be submitted in phases.</p> <p>Provide the student with clearly stated (written) expectations and grading criteria for assignments.</p> <p>Implement RAFT activities as they pertain to the types / modes of communication (role, audience, format, topic).</p> <p><b>Modifications for Assessments</b> Extended time on classroom tests and quizzes.</p> <p>Student may take/complete tests in an</p>	<p><b>Modifications for Homework and Assignments</b> Extended time to complete assignments.</p> <p>Student requires more complex assignments to be broken up and explained in smaller units, with work to be submitted in phases.</p> <p>Provide the student with clearly stated (written) expectations and grading criteria for assignments.</p> <p>Implement RAFT activities as they pertain to the types / modes of communication (role, audience, format, topic).</p> <p><b>Modifications for Assessments</b> Extended time on classroom tests and quizzes.</p> <p>Student may take/complete tests in an alternate setting as needed.</p>
--	--	---	---



BOE Approved 4/15

# Cliffside Park Public Schools

**GRADE: 9**

**Subject: Health**

		<p>alternate setting as needed.</p> <p>Restate, reread, and clarify directions/questions</p> <p>Distribute study guide for classroom tests.</p> <p>Establish procedures for accommodations / modifications for assessments.</p>	<p>Restate, reread, and clarify directions/questions</p> <p>Distribute study guide for classroom tests.</p> <p>Establish procedures for accommodations / modifications for assessments.</p>
--	--	---	---



BOE Approved 4/15

# Cliffside Park Public Schools

**GRADE: 9**

**Subject: Health**