

9th Grade Health Pacing Guide

August 2016

1 st Nine Weeks	2 nd Nine Weeks
<p>Each Health Unit is studied 3-5 days.</p> <p>Health SOL 9.1, 9.2, 9.4, 9.5</p> <ul style="list-style-type: none">• Overall Wellness, Disease Prevention• Benefits of Fitness for Life <p>Health SOL 9.4, 9.5</p> <ul style="list-style-type: none">• Communicable Diseases• Prevention/Treatment <p>Health SOL 9.2, 9.4, 9.5</p> <ul style="list-style-type: none">• Cardiovascular Diseases, Cancer, Diabetes• Prevention/Diagnosis/Treatment	<p>Health SOL 9.3</p> <ul style="list-style-type: none">• Students shall be trained in the following:<ul style="list-style-type: none">○ Emergency First Aid○ Cardiopulmonary Resuscitation (CPR) – This will include hands-on practice of skills necessary to perform CPR.○ The Use of an Automated External Defibrillator (AED) <p>Health SOL 9.1, 9.3, 9.7</p> <ul style="list-style-type: none">• Conflict Resolutions, Stress Management• Peer Pressure• Behaviors that put students at risk:<ul style="list-style-type: none">- Tobacco- Alcohol- Drugs