

LIFE SKILLS/ HEALTH CLASS 9TH. GRADE
1 SEMESTER
5 CREDITS (75 HOURS OF STUDY)
INSTRUCTOR MRS. HILDRETH

Students will analyze how behavior can impact health maintenance and disease prevention. Students will describe the interrelationships of mental, social, and physical health through adulthood. Students will study and experience important life skills to help them function in today's society in a safe and informed way. The life skills studied will include mental, physical and social health. Mental health skills encompass emotional well-being, healthy relationships and managing stress. Physical health involves personal health and safety, family life with a strong emphasis on nutrition. Social health includes preventing diseases and disorders, studying drug abuse and prevention and developing strategies to resolve conflicts.

Lesson 1.

EMOTIONS AND HANDLING STRESS

Students will take the health self-rating test and score it. Students will read chapter 1, Lesson 3 and act out a way of dealing with a stressful situation *Homework: read Chapter 1 and complete the chapter review questions, pp 26-27.*

Lesson 2

MAINTAINING MENTAL HEALTH

Students will read the lessons in chapter 2 and divide in to groups to outline the main points of the lesson. They will answer the review questions and give an oral summary of the main points. *Homework: mental health questionnaire. Complete chapter 2 review questions*

Lesson 3

**TEST ON CHAPTER 2,
DYSFUNCTIONAL RELATIONSHIPS AND DOMESTIC VIOLENCE.
MENTAL HEALTH ISSUES**

Students will learn how to identify dysfunctional relationships and learn how to distinguish between normal and abnormal behavior. This lesson also describes the characteristics of poor mental health.

Homework: read Chapter 3, Lesson 2. Write an essay on suicide, the warning signs and bipolar disorder.

Lesson 4

**SPEAKER- MOUNTAIN WOMENS RESOURCE CENTER ON DOMESTIC
VIOLENCE.**

Homework Chapter 3 review 1-20.

Complete work packet on domestic violence.

Lesson 5

INTRODUCTION TO PERSONAL HEALTH AND FAMILY LIFE

Lesson 1 & 2 Hygiene for good health, Exercise and rest for fitness.

Homework: Read pages 99-113 to prepare for chapter 5 Review next week.

Lesson 6**Chapter 6 THE LIFE CYCLE AND HUMAN DEVELOPMENT**

This lesson describes the physical and psychological stages of human development, concentrating on childhood and adolescence.

Homework; Study lesson 2 on Reproduction, pregnancy and childbirth.

Lesson 7

Test on reproduction, pregnancy and childbirth. Worksheet on the changes during pregnancy to be completed

Homework: read Chapter 6 lesson 4. Complete Chapter 6 review.

Lesson 8**SPEAKER, MIDWIFE TO DISCUSS PREGNANCY AND CHILDBIRTH.**

Homework: Complete the mid term paper.

Lesson 9**CHAPTER 7, the family.**

Students will divide in to 3 groups and each read a lesson and completes the learning styles assignments on page 142, 147 and the third group will complete the handout on family problems (#24) for lesson 3. Students will share with the class what they learned.

Homework: Answer the Chapter 7 review questions. Read chapter 8, The Role of Diet in health and answer the lesson review questions and the chapter review questions.

Lesson 10**TEST ON CHAPTERS 7 & 8.**

Nutrition, students will complete the healthy eating assignment handout using the Internet and information found in chapter 8.,

Homework: read chapter 9 and complete the nutritional value of foods handout.

Complete the chapter 9 review questions.

Lesson 11**TEST ON CHAPTER 9, DISEASES.**

Break in to 2 groups, read chapter 10, lessons 1 & 2, answer the lesson review questions and share with the class. Lesson 1 group will complete the application assignment on p. 208. Lesson 2 group will make a presentation of how the immune system protects the body, see learning styles, p.211.

Homework: read Chapter 11 and complete the review questions.

Lesson 12**SPEAKER FROM TUOLUMNE COUNTY PUBLIC HEALTH ON AIDS PREVENTION AND SEXUALLY TRANSMITTED DISEASES.**

Test on chapters 10 & 11.

Homework: Students will read Chapter 12 and answer the review questions.

Lesson 13

TEST ON CHAPTER 12.

Read medicines and drugs Chapter 13. Break in to 4 groups, each group will be assigned a drug group type i.e. stimulants, narcotics, depressants and hallucinogens. They will research the drug group and give a brief presentation to the class of their findings.

Homework: Complete the chapter review questions p. 282-283.

Lesson 14

SPEAKER ON FIRST AID FROM THE RED CROSS.

Homework: read chapter 15, reducing the risk of injury and Chapter 16 First Aid for injuries.

Lesson 15

TEST ON CHAPTERS 15 & 16.

Students will break in to four groups and each be assigned a specific topic for study. Findings will be shared with the group.

Homework: Complete end of term paper.

BOOKS

Life Skills

Health AGS 1999

AGS Life Skills Health Student Workbook Handouts.

Handouts related to topics.

GRADING SYSTEM

Mastery of the subject is the goal for every student at every grade level. Mastery is defined as showing that at least 70% of the subject material has been learned. Mastery of a subject may be demonstrated by testing, work samples, projects, interviews, or other methods appropriate to the subject.

A+ 95-100

A 90-94

B+ 85-89

B 80-84

C+ 75-79

C 70-74

Assignments with less than a 70% score will be reassigned or new work on that subject will be assigned to assure mastery of the subject.

ATTENDANCE

It is necessary to attend the class to gain points for attendance, 10 points per session.

CLASS PARTICIPATION

Each student will be graded on his/her involvement in class, 10 points per session.

HOMEWORK

Each homework assignment is worth 10 points

TESTS

Each test is worth 100 points; this is a very important part of the grading process as it is a tool for the instructor to determine assimilation of knowledge.

POINTS

450

TEST POINTS

800

TOTAL POINTS

1250

A= 1100-1250

B = 900-1099

C= 775-899

D= 600-774

F= 599-

Missing assignments do not get credit unless made up by arrangement with Mrs.Hildreth