

Wallenpaupack Area School District

COURSE: Wellness I

GRADE LEVEL: Grade 9

LENGTH OF COURSE: 23 Days

TEXT: Health

PUBLISHER: Holt, Rinehart, and Winston

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COURSE DESCRIPTION:

This course consists of the study of the following areas: health and wellness, stress, suicide, tobacco, communicable disease, including AIDS, fitness and nutrition: all in conjunction with the leading causes of death.

AREAS OF STUDY:

Drug Awareness and Prevention
Healthy Lifestyle Choices

CURRICULUM WRITING TEAM:

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DATE OF REVISION:

2004

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Unit: Drug Awareness & Prevention
Healthy Lifestyle Choices

PA Standard: 10.1.9.D
10.2.9.D

Topics: Decision making Stress management Suicide STD's & AIDS Abstinence	Skills: To define healthy behaviors/risky behaviors and the results of these behaviors on an individual's life To examine and analyze the influences and pressures that effect young people's choices To examine and analyze effective ways to handle peer pressure To identify drug use as a major cause of teenage stress To identify healthy strategies for stress management Recognition of drug related behaviors that may contribute to thoughts of suicide Recognize potential dangerous situations in relationships to suicide Understand the relationship between decision-making, use of drugs and alcohol and sexual behaviors
Activities: Note taking Activity sheets Videos Group Work Projects	Performance Assessment: Class participation in group discussions Written evaluations Activity sheet completion Projects Tests/quizzes