

Grade 9 Health Enhancement Curriculum		
Enduring Understanding	Standard	Benchmarks: Students will be able to...
1. Students will understand that growth & development is a lifelong personal process.	1. Students will understand that growth and development happens on a system level and proper care of each system leads to health and wellness throughout life.	1.1 Demonstrate an understanding of the function and care of the skeletal/muscular and integreentary systems and apply that knowledge to analyze the effects of decisions on those systems throughout life.
		1.2 Demonstrate an understanding of the function and care of the digestive system/urinary and apply that knowledge to analyze the effects of decisions on those systems throughout life.
		1.3 Demonstrate an understanding of the basic function of the reproductive system. 1.4 Understand how STIs are contracted and how they affect the human body.
		1.5 Identify common disorders and healthy practices for the eye, ears and mouth. 1.6 Students will know school resources available in order to practice good hygiene.
	2. Students will be able to identify the outcome of each choice made and how it affects personal safety and wellness.	2.1 Identify behaviors that are classified as harassment, methods with harassment, and consequences associated with harassment. 2.2 Understand the importance of contraceptive use in the prevention of pregnancy and STIs. 2.3. Compare healthy to unhealthy relationships. 2.4 Comprehend the effects of stress on the mind and body.
2. Students will understand nutritional responsibility is a key component of lifetime wellness.	3. Students will be able to recognize difference between healthy and unhealthy eating practices.	3.1 Understand components of a nutritional action plan. 3.2 Know the issues associated with nutritional supplements.
3. Students will understand that substance use and abuse permanently alters physical, mental and emotional wellbeing.	4. Students will be able to understand effects of substances as they relate to the wellness model.	4.1. Describe, at a body system level, the effects of alcohol, drugs and tobacco.

Grade 10 Health Enhancement Curriculum		
Enduring Understanding	Standard	Benchmarks: Students will be able to...
1. Students will understand that growth & development is a lifelong personal process.	1. Students will understand that growth and development happens on a system level and proper care of each system leads to health and wellness throughout life.	1.1 Demonstrate an understanding of the function and care of the circulatory/respiratory system and apply that knowledge to analyze the effects of decisions on those systems throughout life.

		1.2 Demonstrate an understanding of the function and care of the endocrine system and apply that knowledge to analyze the effects of decisions on those systems throughout life.
		1.3 Demonstrate an understanding of the function and care of the reproductive system and apply that knowledge to analyze the effects of decisions on those systems throughout life.
		1.4 Demonstrate an understanding of the function and care of the immune system and apply that knowledge to analyze the effects of decisions on those systems throughout life.
		1.5 Demonstrate an understanding of the function and care of the nervous system and apply that knowledge to analyze the effects of decisions on those systems throughout life.
	2. Students will be able to identify the outcome of each choice made and how it affects personal safety and wellness.	2.1 Demonstrate an understanding of healthy decision making, peer pressure and refusal skills. 2.2. Compare healthy to unhealthy relationships. 2.3 Understand how HIV is contracted and how HIV and AIDs affect the human body.
2. Students will understand that substance use and abuse permanently alters physical, mental, and emotional wellbeing.	3. Students will be able to understand effects of substances as they relate to the wellness model.	3.1 Analyze temporary biological, behavioral, and personal/social impairments of drugs and alcohol use and abuse. 3.2 Analyze permanent biological, behavioral and personal/social damage of drugs and alcohol. 3.3 Identify characteristics of various mental disorders, including suicidal ideations, and know resources to seek help.